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AUSTRALIA

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# Issue 79

## on the cover

This issue we feature on the cover:  
Andrea Brazier  
Cover photo by Paul Buceta  
Cover design by Leo Costa Leite

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PHOTO CREDIT: PAUL BUCETA

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**Kick it**

**or pick it**



# Old Fashioned Manners

WHAT EVER HAPPENED TO GOOD OLD FASHIONED MANNERS? WHY IS IT SO HARD TO SAY "PLEASE", "THANK YOU" OR "HOW ARE YOU?"... A POLITE SMILE CAN GO A LONG WAY IN CHANGING SOMEONE'S DAY.



**KINDNESS COSTS NOTHING, SO IT'S IMPORTANT TO STOP AND THINK ABOUT THE WAY YOU ARE GOING TO RESPOND OR REACT TO SOMEONE BEFORE YOU ACTUALLY DO.**

After all, you can't take back what you've said once it's been said. Try to put yourself in someone else's shoes, think about how you'd react to the way you're about to speak to someone. How would it make you feel if someone didn't acknowledge you or thank you for something you've done for them?

I believe in always speaking your truth and for me, this is something I'll always do. It only ever comes from a place of love, never judgement and when I speak my truth and

offer feedback to someone, I say it in as kind a way as possible, but I am still totally honest about what I need to say. If I truly believe what I have to say can help another person, then I will always speak my truth. It's how I am able to go to bed each night, knowing I've done my best to be a good person.

Everyone has bad days and understanding is a wonderful skill to learn.

*If you can learn to really listen to what people need and how to communicate to them, then that is invaluable.*

Sometimes all someone needs is a hug, or a supportive ear, or maybe it's a time for the truth?

One thing we frequently see in the fitness industry – that I would still consider manners – is people thinking they're entitled to something. Just because you've lost 30kg or won a show doesn't mean you have the right to demand anything, let alone a cover. Don't get me wrong, these are amazing achievements, but we at Oxygen Magazine care more about the type of person you are and how you treat others along the way. There is a time and a place for everything and there is also a way of going about things and asking for what you want. Being profiled in Oxygen and landing a cover is not an honour we take lightly and it is certainly an amazing goal to have. We encourage everyone to strive for that if that's what they TRULY want, just don't burn people along the way.

Many of you may have heard of *The Dash* by Linda Ellis,

it's a very popular poem that is often read at funerals.

It talks about the dates on your gravestone. The first date represents your birth date and the second date represents your death date. The 'dash' in between those dates represents your life and how you spent it. "For it matters not how much we own, the cars... the house... the cash. What matters is how we live and love and how we spend our dash... If we treat each other with respect and more often wear a smile, remembering that this special dash might only last a little while... Would you be proud of the things they say about how you spent YOUR dash?"

Believe in yourself, train hard, keep fit and love life... but above all, remember to make the most of your 'dash'.

*Linda*

PHOTO CREDIT: DALLAS OLSEN

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# oxygen

AUSTRALIA





## NUTRITION/HEALTH



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## COVER GIRLS/AMBASSADORS

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Specialising in body transformations and empowering women to love themselves.



Fitness model, 2x *Oxygen* covergirl and natural figure competitor.

**Justine Switalla Cert III & IV in Fitness, Group Ex qualified**

Les Mills presenter, writer, author, model, body transformation specialist, public speaker, presenter, ambassador for *Oxygen* and Body Science.



Passionate and determined to motivate, educate and inspire women to be the best they can be!

**Lesley Maxwell**

Personal trainer, figure competitor, *Oxygen* ambassador and regular contributor and author of *Get The Body You Want* (2012).



**Penny Lomas**

Strength and conditioning coach, personal trainer and Biosignature Modulation Practitioner. Health and fitness writer and fitness model.



**Amanda Steer**

Amanda Steer is a fulltime police officer, RPM instructor, Musashi Nutrition-sponsored athlete and *Oxygen* cover girl. Amanda has won ANB National and Asia Pacific titles.

## EXERCISE PHYSIOLOGIST



**Gabrielle Maston BSc Hons**

Exercise physiologist, clinical and sports dietitian at Changing Shape diet and exercise specialists in Sydney, health & wellness writer, consultant and lecturer at FIA fitness college.



## CULINARY

**Michelle Koen BVC**

Michelle is a culinary coach and author of *Healthy Helpings*. Her mission is to teach people how to cook good food with all the flavour and none of the fuss. [www.healthyhelpings.com.au](http://www.healthyhelpings.com.au)



## FITNESS & TRAINING

**Jonathan Davie – ISSN – SNS (Sports Nutritionist)**

Personal trainer ([prepared2win.com.au](http://prepared2win.com.au)), Director World Gym Australia, IFBB pro bodybuilder. Ex professional athlete, trainer and nutrition coach.



**Lindy Olsen**

Cert IV in personal training, ISSN Sports Nutrition, level 1 and 2 boxing.

Lindy is a 5x natural world figure athlete, fitness ambassador, motivational and lifestyle coach.



## MIND/BODY NATUROPATHY

**Greg Dolman, Bodytune**

Bodytune specialist, executive master trainer, Certificates III and IV in fitness, AIF business diploma, Punchfit accredited boxing and kickboxing Padmaster Instructor, and Australian Natural Bodybuilding of Victoria judge and workshop presenter.



**Geoff Edwards, Life Coach, NLP cert.**

Internationally accredited life coach with over 25 years of coaching experience based in Melbourne, Australia. Has impacted over 20,000 individuals and clients worldwide through his coaching work and publications!

## Janie Larmour

Janie Larmour has been a personal trainer since 1994 and teaching Zen Ki Yoga for 16 years. She owns two yoga studios in Sydney (Darlinghurst and Penrith), an online yoga website with over 50 classes available online 24/7 and has 15 popular DVDs, including a women's health series. Janie has appeared on several variety television shows (Channel 9/WIN Network). She runs Yoga Australia registered teacher training diploma courses in her studios and by distant education and regularly speaks at yoga festivals and teaches workshops on getting rid of back pain, anxiety and period pain in Sydney, Melbourne and Brisbane.

For more information visit [www.zenkiyoga.com](http://www.zenkiyoga.com)



## Dr Nic Lucas

Dr Nic Lucas specialises in coaching people through mind and behaviour change. He has 20 years' experience in pain medicine, research, and strength and conditioning. His PhD is in diagnostic medicine. Dr Lucas is the Amazon best-selling author of *Finally Free: 6 Steps to Beat Anxiety*, and has spoken about stress and positive psychology on national TV and radio. He has thousands of students from all over the world in his online training programs. He lives in Sydney and for fitness enjoys strength training and CrossFit with his wife and two kids.

For more information visit [www.niclucas.com](http://www.niclucas.com)



## Lauren McGuckin

Lauren McGuckin is an Accredited Practising Dietitian and diabetes educator with a passion for all things food and nutrition. With experience in many fields, including bariatrics, food service, private practice and diabetes management, Lauren has always maintained a love of working alongside her clients to ensure they develop healthy eating habits that are true to their individual needs and lifestyles. She enjoys delivering practical advice and promoting 'nutrition for the everyday man'. Lauren believes while food and eating is one of life's necessities, the key to building sustainable healthy habits is to enjoy the ride!

[www.bodywarfare.com.au](http://www.bodywarfare.com.au)





## NUTRA ORGANICS ↑

Clean eating accompanied with an active daily life puts us on the right track to a fit, lean physique and a healthy body image. However, most of the fitness supplements available are not so great for our insides. That is where Nutra Organics comes in. Performance and health are possible with their Clean Protein. Not only is it the most delicious and satiating way to enhance your fitness performance, but it is also built from the best organic, wholefood

and nourishing ingredients. The 100 per cent Clean Protein contains no grains, gluten, dairy or soy while being high in protein, low in carbs, containing no sugar and boasting a complete amino acid profile. With three tasty blends, vanilla, chocolate and coconut choc, you can nourish your body, assist in post-workout recovery and support real results.

RRP: \$44.95 for 500g |

[www.nutraorganics.com.au](http://www.nutraorganics.com.au)



## ENDURA PERFORMANCE BARS ↑

Endura Performance Bars combine high-quality carbohydrates with protein for fast energy, improved endurance and enhanced performance. A convenient source of natural energy, these delicious raw wholefood bars are easy to digest and absorb and are gluten-, lactose- and chocolate-free. Providing raw, natural energy for you to burn, these nutritious bars contain 33 grams of fast-release carbohydrates and are formulated with a pliable consistency making it easy to handle and consume during exercise or as a nutritious source of fuel during recovery. Endura Performance Bars are the perfect energy bar to assist performance and recovery and are suitable for before, during and after exercise.

RRP: \$4.95 for a 60g bar

For more information visit [www.endura.com.au](http://www.endura.com.au)

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There are zero preservatives and no artificial colours, flavours or sweeteners. With three sensational tasting fruit flavours to choose from, Kiwi, Mixed Berry and Orange (with guarana), BODIE'z is not only perfect for an active lifestyle; it's an awesome 'on-the-go' hunger fix between meals.

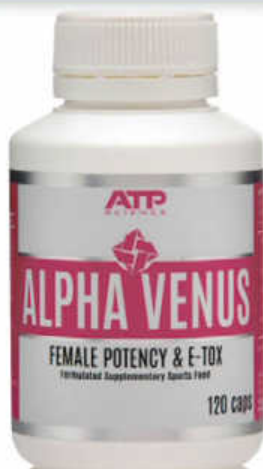
RRP: \$5.50

[www.bodiezpro.com](http://www.bodiezpro.com)





# OXY REVIEWS



## ATP SCIENCE ←

Oestrogen controls your body's shape and mood yet most women have no idea how large a part it plays in the way they look and feel. Most women's oestrogen level is out of whack today thanks to the chemicals we eat, breathe, drink and medicate with (yes, we're talking about the pill here

too). In fact, these XENO oestrogens are everywhere and exposure for today's modern woman is sky high. Alpha Venus was created to address this issue, but don't take our word for it, read what their customers have to say on their website.

RRP: \$89.95

For more information visit [www.atpscience.com/shop/capsules/alpha-venus-women](http://www.atpscience.com/shop/capsules/alpha-venus-women)



## HERMAN BROT ↑

Herman Brot Low Carb Bread™ is Australia's lowest carb bread. Its nearest competitor sits at 27.7 grams of carbs per 100 grams, not coming close to Herman Brot Low Carb Bread's five grams of carbohydrates. With most companies struggling to sneak their breads into the low GI category of under 55, this bread has a GI rating of 24, which also takes the title of the lowest GI bread on the market. If those statistics don't get you interested, the bread also offers 26 grams of protein

per 100 grams, making it a perfect source of protein for vegetarians and anyone looking for a protein alternative. Herman Brot Low Carb Bread™ is the only bread of its kind in the country and the team at Herman Brot look forward to being able to have the bread in as many homes as possible within the next 12 months.

RRP: \$6.95

For more information visit [www.hermanbrot.com.au](http://www.hermanbrot.com.au) or ask for it at your local supermarket.

## HORLEYS →

Raw, clean, paleo... wholesome foods are definitely back in vogue! Sculpt Supernaturals is specifically designed to deliver nutritional factors that are important to you. The grass-fed New Zealand whey protein is boosted with superfoods to support healthy metabolism and contains absolutely no artificial flavours, colours or sweeteners. Supernaturals complement the existing Sculpt range with a pure protein for weight management and smart snacking that feature ingredients you will understand and your body will love. They are now available in two delicious, all natural flavours: Super Fruits and Pomegranate and Dark Vanilla and Raw Cacao.

RRP: \$38

For more information visit [www.sculptforwomen.com](http://www.sculptforwomen.com)



## BODY SCIENCE TX100 →

For the first time, probiotics meet green tea in an advanced fat-loss system. This delicious tasting, low-calorie, convenient and easy to use formula has probiotics to safely reset your gut for better digestion of carbs and proteins. TX100 is combined with green tea to help you stay energised and burn fat and is available in two great flavours: Super Berry and Watermelon.

RRP: \$64.95 for a 60 serve box | [www.bodyscience.com.au](http://www.bodyscience.com.au)



## JUSTINE'S ←

Justine's Complete Protein Cookies are a high-protein, ultra-low carbohydrate snack with zero sugar added. They are a convenient and delicious way to meet your protein requirements, while helping you to meet your fat-loss goals. Not only are Justine's Complete Protein Cookies ideal for anyone following a healthy eating plan but they are also perfect for individuals that suffer from

coeliac disease as they are wheat- and gluten-free. Available in a range of flavours and sizes, Justine's Complete Protein cookies are available from your favourite supplement retailer.

Prices vary.

For more information visit [www.superiorsupplements.com.au](http://www.superiorsupplements.com.au) or [www.justines.co.nz](http://www.justines.co.nz)



# WE ASKED...

## “What does ‘fit at any age’ mean to you?”

### PATTI O'HARA, 51

“I’m a 51-year-old mother of two, a personal trainer, Body Pump, Zumba and Pilates instructor and have a history as a professional opera singer. I look back on my fitness career, now in its 16th year, and ‘fit at any age’ has meant many different things to me at the different stages of my life. I had to be fit to be able to get out of bed and conquer osteoarthritis at 34 years old while raising two young children and

fit to fight the ‘fat’ gene I was born with as well as depression. In my 40s I was fit to fight ageing and now, in my 50s, I’m fit to fight menopause. With all this in mind, ‘fit at any age’ **is about mindset for me, it’s about not giving in to age or physical limitations but defying them,** keeping your body healthy inside and out, so you are fit to do the things you love.”



### ANDRIANA ELEZOVICH, 38

“My health and fitness journey began way before my beautiful children entered my life (21 years ago). After they were born, I started running and made a commitment to healthy eating to shed the so-called ‘baby fat’. As the weight dropped and as my energy increased, I was hooked! Exercise and healthy eating on a daily basis had become part of my life. The only

difference now is that not only do I prioritise my health and fitness for my own well-being and longevity, I’m also setting an example to my delightful family.

I set myself realistic goals. I work hard to achieve them and don’t make excuses. I believe that we only get one chance in this life and I want to live it the best way I know how, no matter what my age

may be. The key is to be consistent, eat well, keep a positive mind and move every day!

As I near 40, I know that I’m fit for me, for my age, for my mind, for my body and that is what makes me and happy and well.

**‘Fit at any age’ equates to adopting a healthy lifestyle which keeps you feeling well no matter what your age.”**





**KAREN FLYNN, 56**

"As a 56-year-old (57 in November), I train six to seven days a week and choose different activities depending on how my body feels and what it needs. I was a synchronised swimmer when younger, owned my own Jazzercise franchise and since having children, I have run 10 full marathons. I've been super fit, transitioned into motherhood and experienced hidden stresses that translated into diseases which caused symptoms I couldn't seemingly fix. After experimentation and having the relationship I've had with my body in the past, I eventually straightened out those problems and now inspire other women to never give up or think they are 'too old' or it's 'too late' to take back their bodies

and life. I didn't want to be a 'frumpy old lady,' so I kept searching, trying new things, and love who I am and how I feel at almost 57 years old.

**Being 'fit at any age' means that you put your health in the forefront of what you do, what you say, who you are and how you participate in life.** It's a mindset,

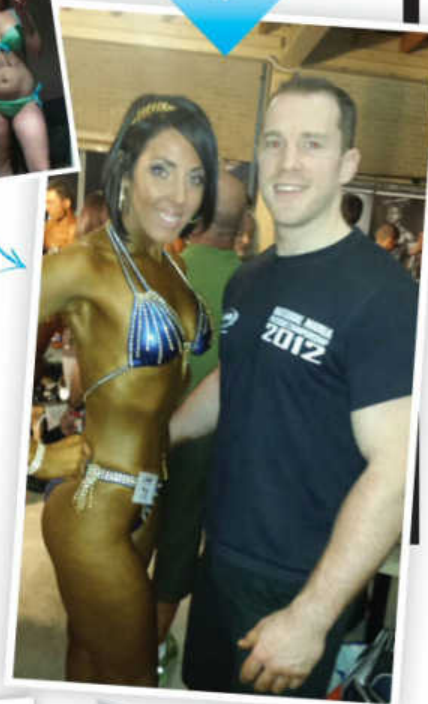
a way of life and a lifestyle. When people meet you, they immediately know wellness is at your heart centre. I love getting older. I'm finding that the habits and practices of my past and are showing very positively now as an ageing woman. The coolest part is showing my daughter what it means to be healthy, fit and well."

**REBECCA PAROS, 29**

"Anyone can become fit and it's never too late to start being fit. I may only be 29, but I have suffered with weight issues my entire life until one day I decided I wanted to compete in figure body building. I lost 30 kilos and achieved that goal back in 2013. Since then, I've inspired both my parents and my little sister into getting fit and healthy which was the best outcome I could hope for."



November 2012

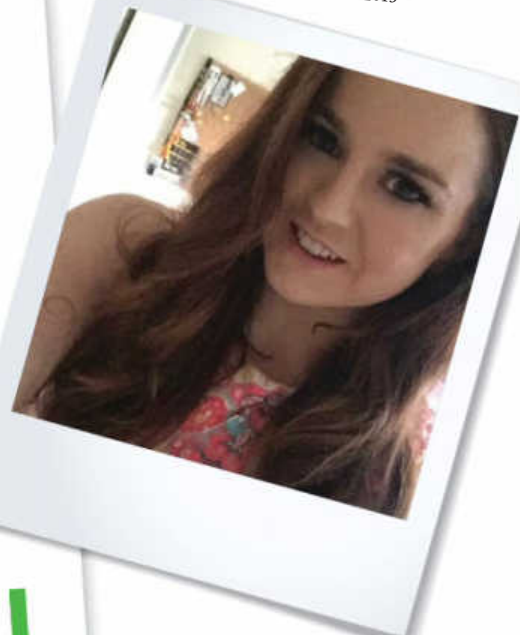


October 2013

**SOPHIE GLEESON, 25**

"Growing up as an elite athlete, the day I departed from sport, from training up to 12 times a week, was the day I let myself go and stopped caring about my health. I went from being active every day to doing very little. Getting out of bed became a struggle and my motivation levels were very low. I never was able to do anything I enjoyed, as I didn't have the energy to get up and leave the house due to very poor nutrition choices and very little exercise. It took me two career changes to learn that you can have a life outside your job. There is so much more to life and I realised I was missing out on living life to the fullest. I started to regain my health by choosing to exercise and eat a nutritious, balanced diet.

Two years later, I am fitter and healthier than I have ever been before and have the energy of a two-year-old child. It doesn't matter what age you are, it's about how you treat your body. There is no harm in putting yourself first. You need to take care of your body as it is the only place you have to live. If you fuel your body with the right nutrition and exercise to keep your mind healthy, your body will thank you for it. Motivation and inspiration is all you need to get started and perseverance will keep you going. No matter how old or young you are, you can be fit at any age."



# We see you!



HERE ARE SOME OF OUR FAVOURITE PHOTOS SHARED WITH US ON INSTAGRAM. WE LOVE SEEING OUR FELLOW FITNESS LOVERS STICKING TO THEIR GOALS AND ACHIEVING AMAZING THINGS!



Share your health and fitness-related photos with us on Instagram by hash-tagging  
**#oxygenmagau**





## VARIDESK ↑

VARIDESK makes it easy to convert your current desk into a height-adjustable desk. You simply place it on top of your existing desk, put your monitor and other components on top, and you're ready to work sitting or standing any time you like. VARIDESK comes fully assembled, and requires no installation, so it sets up in just minutes. The Pro Plus 36 is the most popular VARIDESK model, users love the two-tier design that features an upper display surface for monitors and accessories and a lower keyboard and mouse deck. It's 36 inches (91.5cm) wide, so it's perfect for those with dual-monitor setups. There are 11 different height adjustments, a dual-handle design, and a spring-loaded boost mechanism that lets you easily raise and lower up to 16 kilograms in just a few seconds.

RRP: \$500 for the Pro Plus 36

Visit [au.VARIDESK.com](http://au.VARIDESK.com) to find the model that's right for you.



## AMAZONIA ←

Amazonia Raw Fermented Paleo Protein is a delicious wholefood formula that combines a nourishing sprouted base with fermented seeds and greens, to create a comprehensive paleo-friendly protein blend. Using the unique principles of fermentation, which have been in practice since the Paleolithic Age, allows for high-bioavailability of nutrients in a form that is gentle on the digestive system. This special blend also includes superfoods such as whole Peruvian sacha inchi, fermented spirulina, quinoa and chia.

With just under 80 per cent digestible protein that is vegan and grain-free, Amazonia Raw Fermented Paleo Protein provides high levels of amino acids essential for muscle development and body functioning in a wholefood form, making it the superior choice for many athletes and nutritionists.

RRP: \$44.95

[www.amazonia.com.au](http://www.amazonia.com.au)

## AUSTRALIAN WOMEN'S NATURAL BODY SCULPTING (AWNBS) →

Through the support of their affiliates, AWNBS provide an online resource for members who compete and lead an active and healthy lifestyle. The AWNBS mission is to get all members networking and provide them with support and education from industry professionals. AWNBS also host several female-only natural body sculpting competitions in Australia, which allows women the opportunity to showcase their hard work and dedication with a maximum of 15 onstage. AWNBS aim to become the new era in Women's Body Sculpting Fitness Events.

To become part of the AWNBS community visit [www.awnbs.com.au](http://www.awnbs.com.au)



## ROCKTAPE ↑

Unlike rigid tape which many people find too stiff and restrictive, Rocktape is stretchy and is quickly becoming the preferred tape used by practitioners and athletes to prevent and treat injuries. Rocktape can help everybody by reducing pain, minimising fatigue and improving recovery – helping you to go stronger for longer.

Rocktape assists to decrease pain and reduce swelling, allows a full range of movement, is hypoallergenic containing no zinc oxide and is water resistant, being able to be worn for up to five days. It assists with muscle



pain or cramping, joint pain, poor posture, inflammation or bruising and zinc oxide allergies.

Rocktape is available from pharmacies and sports stores in 30 different colours and patterns to suit every personality type. Educational video demonstrations can also be found online for 40 different applications.

RRP: \$22.50 for a 5m x 5cm roll.

Visit [www.rocktape.com.au](http://www.rocktape.com.au) for more information.

# Fitness at any age

"I'm too tired."

"I work too much."

"I need to get fitter first."

"I can't get time away from the kids."

"I'm too old."

*I've heard all the excuses in the world for people not wanting to train or look after their bodies by feeding it clean and wholesome foods **and not a single one of these excuses cuts it.***

**IN PARTICULAR I DON'T UNDERSTAND BEING "TOO OLD" ...WHAT DOES THAT EVEN MEAN ANYWAY?**

What is that magical age when we have to stop caring about our health and fitness goals? Is it 40? 50? I don't know about you, but I've never been healthier or in better shape AFTER turning 40 and AFTER giving birth. So yes, I know all about being too tired, not having time and working too much BUT I know if I do care about my health and fitness, I

will be a better wife, a better mother and a better worker.

Some weeks I work 60 or more hours a week, on top of that I still have to be a mother and a wife. While I'd love nothing more than to just chill and skip the gym, I don't. The hardest thing is simply getting my gym clothes on and getting to the gym but once I'm there, I begin to enjoy all the benefits of training. I ALWAYS feel better for it and I never regret getting a workout in. Whatever is on the agenda can wait for one hour while I take time for myself!

Regular exercise can make you look and feel younger and it helps to keep away chronic illness. What's not to love about that? The team at the Oxygen office are forever wowed and proud of all the stories we receive from our Oxygirls – at all ages! From early teens to ladies in their 70s, age is no excuse and it's definitely no barrier!

**So if you're 'older' (again...what is that anyway?) and want to start prioritising YOU, here are my tips for getting back into training.**

**1/ Start slowly:** In my 7 Rules for Success, rule seven is "move more". Even if you just start with a 15-minute slow walk each day, it's more than what you were doing and will go towards building your endurance and fitness.

**2/ Choose gentle activities:** If you haven't exercised for years, don't feel like you need to start

with sprints and powerlifting! Choose gentle activities like walking, yoga and swimming – any activity that is going to be gentle on your joints.

**3/ Choose activities you enjoy:** If you don't love it, then you won't do it! Choose something you enjoy doing, not something you think you should be doing. Research shows you are more

likely to be consistent with your exercise if you're doing something you enjoy.

**4/ Be more active:** Exercise doesn't always mean time set aside for exercise, it can just mean being more active in your day-to-day activities. Park a little further away at the shops, take the stairs instead of the

elevator or vigorously clean the house. Everything you do is an opportunity to be active!

**5/ Get support:** Find a fitness sista! You're more likely to actually get out there and get it done if you're accountable to someone. Plus, you will have more fun when someone is there to workout (and have a laugh) with you!

Next time you think you're "too old" to exercise, think again! If you want to change your life and prioritise your health and fitness goals then get out there and get it done, no excuses!

Get going and get gorgeous,

*Lindy*

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# sculpt.

## *Bananacolada Protein Smoothie*

Add to a blender:

4 ice cubes

200ml unsweetened coconut milk

2 scoops Sculpt Banana Delight

Pinch of ground nutmeg

Process until smooth

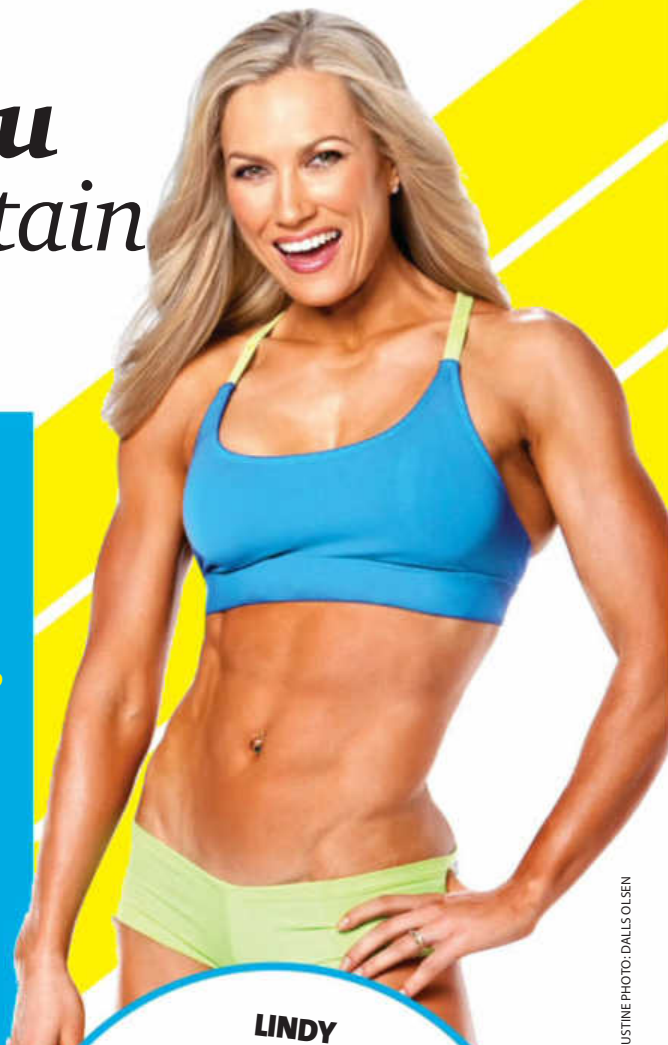
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# How often do you work out to maintain your physique?

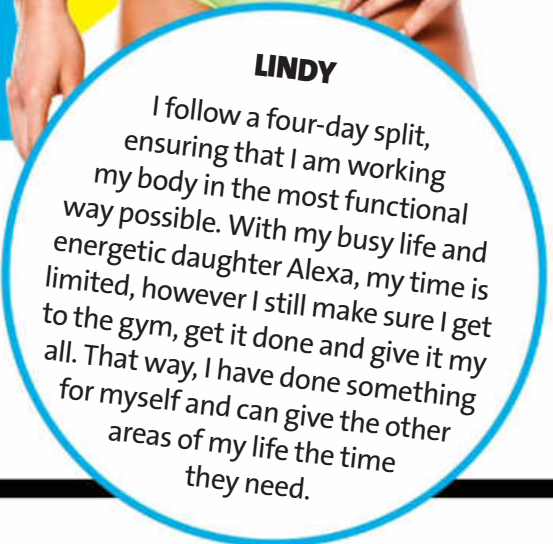


## SKYE

I do resistance training four to five days per week and have one week off every four to five months.

*I like to do some form of cardio six to seven days per week as it's my moving meditation.*

I love walking along the esplanade, getting my vitamin D fix and setting myself up for the day or if I do it in the afternoon, it helps clear my head! I also teach two RPM classes per week so I get paid to do some HIIT.



## LINDY

*I follow a four-day split, ensuring that I am working my body in the most functional way possible. With my busy life and energetic daughter Alexa, my time is limited, however I still make sure I get to the gym, get it done and give it my all. That way, I have done something for myself and can give the other areas of my life the time they need.*



## JUSTINE

I aim each week to get to the gym around five times and to have two full rest days per week.

***I like to do three heavy weight training sessions and two RPM classes for my cardio or HIIT.***

**For me, this is** the perfect amount of training to be able to maintain a fit and healthy physique.

Granted some weeks I may only get four sessions in, so I will only do two weights sessions and two RPM classes. It all depends on my work load as well as my energy levels. Some weeks are unpredictable these days being a mum, so I have to take the good with the bad and just aim to roll with the punches.

LINDY PHOTO CREDIT: ROBERT REIFF | SKYE, JUSTINE PHOTO: DALLS OLSEN



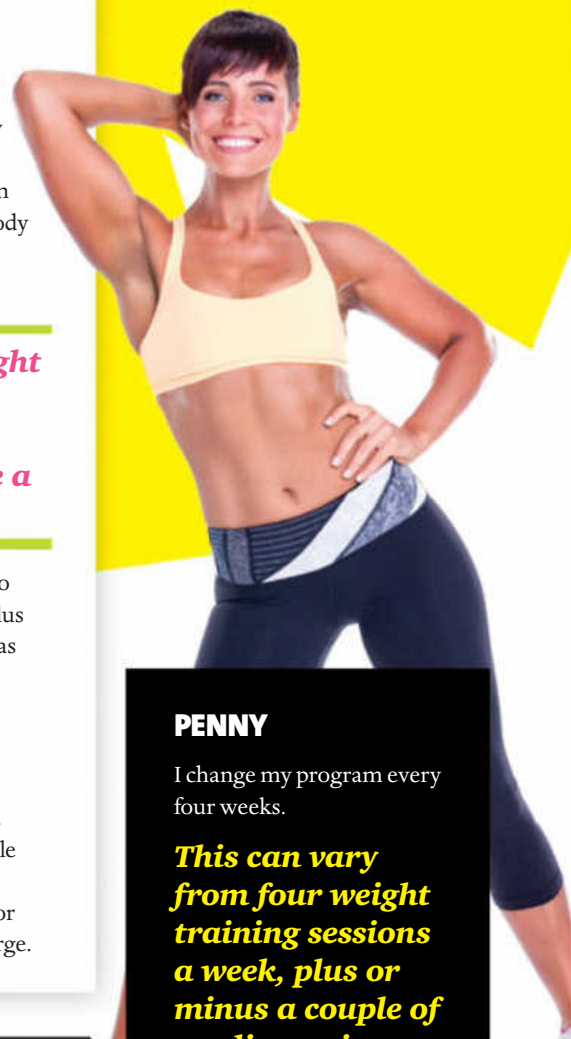
**LESLEY:**

Training effectively really doesn't take up too much of my time. You'll notice that when your body is running efficiently and you've developed good body composition with more lean muscle and less body fat, your training can take up less time than you imagine.

***I always prioritise weight training as developing and maintaining lean body tissue seems to be a no brainer.***

Muscle tissue burns calories just to exist as it's metabolically active, plus it gives you a lovely shape as well as many other health benefits.

I weight train four or five times weekly for about one hour each session and I walk a total of approximately four hours weekly. However, if I need to lean up a little more for an expo or photo shoot, then I'll add in some more walks or interval training as my turbo charge.

**PENNY**

I change my program every four weeks.

***This can vary from four weight training sessions a week, plus or minus a couple of cardio sessions, to going onto an intense four weeks of training twice a day.***

I do this as it keeps my body guessing and allows program periodisation. I also enjoy shocking my body with hard workouts often and then deloading for a few weeks. This is purely a personal choice and not a one size fits all, I have often gone through periods of training three times a week and still maintained my physique. It's all about my goals at the time and my schedule.

**SHARNA:**

If I was asked this question a year ago I would have said "twice a day for an hour and a half, six days a week!" Nowadays the answer is completely different. Last year was a crazy mix between needing to stay comp ready and build muscle at the same time. This sort of training is not only crazy, it's time consuming and impacts your life on so many levels. This year my plan was to find a balance between life and training. At the moment, my training

consists of HIIT four days a week and a one-hour strength training session with my personal trainer.

***I'll always have two rest days but never in a row as I find that it is much harder to get back on track.***

I never train over an hour anymore and it works great for me! I work really hard in that time and get great results. ●



## Six signs you're slacking off — and what to do about it

We're all guilty of being distracted at the gym, but whether you're bored, stressed or just plain over it, there are ways to get your body and brain back into a routine and on the way to results-ville.

**SIGN:** You spend more time texting than you do squatting.

**SOLUTION:** Sever ties with your social media for an hour.

Temporarily turn off your texting, Twitter and Tinder notifications, and use your phone to live stream new and exciting leg workouts.

**SIGN:** You dread going to the gym and just go through the motions.

**SOLUTION:** Time to change things up. Try a group fitness class, team up with a friend, or take your training outside to make things new and different, and reignite your passion for exercise.

**SIGN:** Your mind wanders while you're training.

**SOLUTION:** Sit in the locker room for five minutes and mentally put your worries and stresses aside. When training, focus intently on the muscle you're working and imagine how it will look if you continue to train it regularly. This gives your brain a job.

**SIGN:** You do the same workout day after day, week after week.

**SOLUTION:** You're in a rut. Change the variables to make things interesting and kick-start your progress. Things to consider changing up are your rep ranges, weights used, exercises, body part splits or rest intervals.

**SIGN:** You count the minutes — no, the seconds — on the treadmill and hang onto the rails as you plod along.

**SOLUTION:** Do a Tabata treadmill workout to burn a ton of calories and fat. Bonus: it's only four minutes long, and there's no way you'll be able to hang onto the rails and zone out with this kind of intensity!

**SIGN:** You've stopped pushing yourself and just go through the motions.

**SOLUTION:** Re-evaluate your goals and reasons for training in the gym and write them down. Perhaps you need to try a new activity for a while, then revisit the gym in a few weeks, or you need to find a new goal worth achieving such as a road race, a challenging hike or even a fitness competition.

## TREADMILL DESK — YAY OR NAY?

Sounds like a good idea in theory — walking while you work — but a new study from the *Journal of Occupational and Environmental Medicine* finds that these treadmill desks might not live up to the hype: they're expensive, difficult to fit into offices and do little to boost overall activity levels. Study participants employed their treadmills for less time than was expected — 45 minutes rather than 90 — and typically walked at around 3 kph, which is about as intense as cooking dinner. By the end of the three-month study, they had logged very little change in body mass index or weight — no surprise there.

Instead of wedging a treadmill desk into your cubicle, hit the gym before or after work and do this fast and effective treadmill program to burn fat and calories.

Time	Incline	Speed
0:00–2:00	0	5.5
2:00–4:00	5	5.5
4:00–6:00	10	5.5
6:00–8:00	5	5.5
8:00–10:00	0	9.0
10:00–12:00	0	11.0
12:00–14:00	0	13.0
14:00–16:00	0	14.0
16:00–18:00	0	3.0



Exercise	Sets	Reps
Bodyweight squat	3	20
Walking lunge	3	20 each leg
Fire hydrant	3	15 each leg
Weighted glute bridge	3	20



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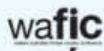
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## The power of plant protein BY DIANE HART

➔ For athletes looking for an alternate supplement other than dairy, the choice for plant-based products continues to grow. The demand for more vegetable-based products stems from many variables, including a desire for a reduced carbon footprint among consumers increasingly looking to support eco-friendly products, according to Jason Bell, director of product development at NovaForme.

Two years ago, his company launched a line of plant-based products, NovaForme's CytoGreens and then one year later, PhytoPro-V, an organic, plant-based protein. He says one of the benefits of plant-based protein is that of tolerability – for many athletes with digestive issues or food sensitivities, they may find it easier on their guts. “We’ve found that for a significant number of athletes who don’t tolerate dairy protein very well, there is less bloating and gastrointestinal issues,” he says, adding that it also adds variability into an athlete’s nutritional regimen, as well. One of the important aspects to look at when considering any plant-based protein is its amino-acid profile. “You want to ensure that it is a complete protein,” Bell adds.

### DIY PLANT-BASED PROTEIN BAR!

Chef Gina Hudson created the following recipe you can make yourself in just 15 minutes. Lead instructor at the Living Light Culinary Institute, Hudson enjoys creating tasty plant-based protein bars to fuel active lifestyles.

#### Banana Blueberry Protein Bars

Satisfy your hunger, energy and nutritional needs with these delicious, moist and healthy bars containing high-quality proteins, carbs and fats, as well as blood-sugar-balancing ingredients. They also make a fantastic dessert!

#### Wet ingredients

- 2 bananas, mashed
- ½ cup walnut butter (or nut butter of choice)
- ½ cup raw coconut nectar (or liquid sweetener of choice)
- 2 teaspoons vanilla extract

#### Dry ingredients

- 1½ cup oat flour
- 1 cup oats, whole
- 1 cup buckwheat flour
- ½ cup soaked and dehydrated raw buckwheat groats, or kasha
- ¾ cup dried blueberries
- 1 cup shredded coconut
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt

1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.
2. In a medium to large mixing bowl, put the dry ingredients in and mix together well with a spoon.
3. Pour the wet ingredients into the bowl of dry ingredients and mix together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.
4. Line a glass pan or biscuit tin (20 x 20, 18 x 28 cm, etc. all work great) with baking paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out.
5. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

**Storage suggestion:** Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

**Nutrition facts (per serving):** 261 calories, 8 g fats, 43 g carbohydrates, 6 g dietary fibre, 7 g protein



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## Beat stress with a nap!

If you're sluggish after a bad night's sleep, plunk your head on the desk and take 30. A new study shows that brief daytime naps can normalise the levels of stress hormones and restore immune function in the body. When you awake, you're more likely to be productive and alert. If your boss complains, tell her that you're caring for your neuroendocrine system to reduce your risk of obesity, high blood pressure and depression, thereby reducing your chance of taking time off sick. (And let us know whether that excuse works so we can try it on our bosses, too!)

### Quitting time

In the last 20 years, smoke-free homes have increased from 43 to 83 per cent, but that's still not good enough. Check out some of these nauseating numbers and encourage everyone you know to kick their butts to the curb:

**58 million**

Non-smokers being exposed to second-hand smoke

**7,000**

Chemicals contained in tobacco smoke

**70**

Number of those chemicals that can cause cancer

**7,000**

Australians who die from lung cancer every year

**400**

SIDS death per year caused by second-hand smoke

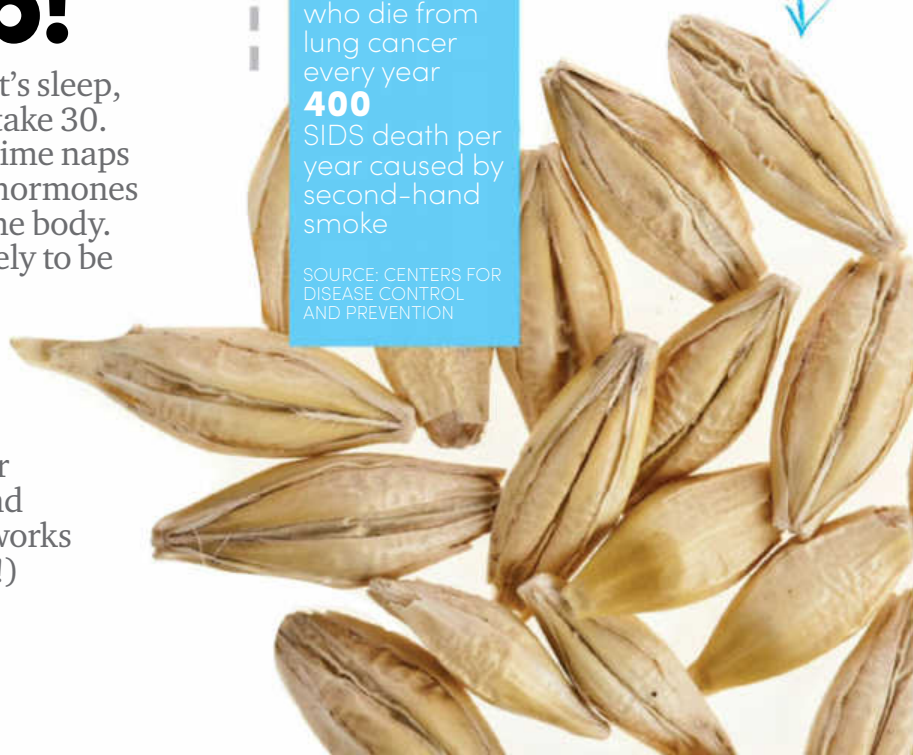
SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

### WHOLE-GRAIN GOODNESS FOR A LONGER LIFE

Just another reason to love your morning oats: new research from the Harvard School of Public Health indicates that for every 30-gram serving of whole grains ingested means a five per cent reduction in a person's overall risk of early death. Why? Whole grains are rich in vitamins and minerals such as E and magnesium, as well as fibre, which helps slow digestion and prevent blood-sugar spikes. Without the bran and germ — which are removed when a grain is processed — 25 per cent of the protein is lost as well as 17 essential nutrients, according to the Whole Grains Council.

**Take-away tidbit:** Make whole grains a staple in your daily diet. Choose a variety to try from this list and live forever! (Well, five per cent longer in any case.)

- > Oatmeal
- > Brown or wild rice
- > Whole wheat
- > Quinoa
- > **Whole barley**
- > Whole rye







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## Detox debunked

The not-so juicy truth about doing a juice cleanse. **By Allison Young**

➔ Consume nothing but juices for a few days and – presto! – you're healthier. That's the promise many juice companies are selling, and plenty are paying big bucks to jump on the trend. But do the bottled promises really live up to the hype, or do drastic detoxes deplete the brain and mess with your metabolism and muscle tone, making it hard to operate (in life or in the gym) at optimum levels? Turns out the high price tag isn't the only cost of a purge.

**PROMISE:** You'll improve your mental clarity and fine-tune your focus.

**REALITY:** Mental fog will set in with a dash of irritability. "There is nothing metabolically going on when someone does a juice fast that will increase their mental clarity," says Melinda Johnson, clinical assistant professor and director, Didactic Program in Dietetics, Arizona State University. Your brain needs protein and fat to function optimally; without them, your concentration and mood can suffer. "Depending on the juice fast, a person may go into a state of ketosis, which can give a person 'brain fog' and impact mood," Johnson adds. What's more, drastic diets can cause obsessive food thoughts (I need chocolate NOW!) and make it almost impossible to achieve high levels of performance in the gym.

**PROMISE:** You'll drop weight.

**REALITY:** Limiting your body's calories can set you up for weight gain. Yes, you'll shed water weight, and because most cleanses supply only half the calories you need, you may drop a kilo or two – at first. But without adequate protein, your body begins to lose hard-earned muscle mass, which can affect your metabolism. "Any weight loss produced during a liquid cleanse will almost assuredly be followed by weight gain," says nutritionist Michelle Babb, MS, RD.

**PROMISE:** You'll rid your body of toxins.

**REALITY:** Your body doesn't need a deprivation diet to detox. Juice companies proclaim that taking solid food out of the equation gives our bodies a chance to eliminate built-up toxins. However, it isn't scientifically proven that your body actually needs to be cleansed or that anything extra is "freed" on a juice cleanse. "A healthy diet of whole fruits, veggies, whole grains, lean protein, low-fat dairy, healthy fats and minimal consumption of highly manufactured foods is the most wonderfully detoxifying way to eat," says registered dietitian Jennifer Neily, MS, RDN.

**PROMISE:** Juice cleansing is like mainlining nutrients.

**REALITY:** With the nutrients comes heaps of sugar. Juices deliver a potent dose of antioxidants that help support the immune system, but it's a temporary fix and may not be good for people with blood-sugar management issues, Babb says. That's because juice cleanses are higher in sugar than you may think: one popular juice-cleanse program contains a whopping 180 grams of sugar in one day – that's seven times more than the recommended daily intake. Over the long haul, too much sugar may harm the brain and impair memory. You need a more balanced approach to macronutrients to fuel your workouts.

**PROMISE:** Energy levels will skyrocket.

**REALITY:** Limiting calories can limit energy. "Depending on how long the juice cleanse lasts, our body can go into starvation mode, where it attempts to conserve energy by slowing things down – making us feel less energetic," Johnson says. Not getting adequate fat and protein can zap energy even more, not to mention the sugar crash. "Juice can cause a rapid increase in blood sugar, followed by a sharp decline, which leaves you feeling tired and hungry," Babb says. Remember, as an active woman, you need food to fuel your busy life and challenging workouts. Your best bet is to make healthy nutrition choices and don't be too quick to jump on the deprivation bandwagon. ●

Juice fasts: energy blast, or sugar crash?





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# Kick it or pick it

WORDS: VICKI MA, ACCREDITED PRACTISING DIETITIAN



## VICKI MA

Vicki is an Accredited Practising Dietitian (APD) who graduated from the University of Newcastle. She has been running her own private practice clinic, Eat for Wellness, in Melbourne for the past three years. Vicki has a special interest in weight loss management and has helped many individuals achieve their health and wellbeing goals. Her other areas of expertise include diabetes, food intolerance, insulin resistance, polycystic ovarian syndrome and cardiovascular disease. She is a firm believer that healthy eating is not about dieting or depriving yourself of your favourite foods; it is about eating everything in moderation.

PHOTO CREDITS: SHUTTERSTOCK.COM

## Importance of calcium

Calcium is an important nutrient in our diet, especially as we get older. It helps our bones to remain strong and healthy and prevents illnesses such as osteoporosis. Foods that are rich in calcium also tend to be good for our overall health, so adding more calcium into our diet doesn't need to be hard. Simply make a few healthy food swaps to maximise your calcium intake and your bones will thank you for it.



### Swap 1: Swap frozen yoghurt **for** natural yoghurt

#### Why?

As we age, our metabolism tends to slow down, making it easier for us to stack on the weight. To avoid the unnecessary weight gain, try swapping frozen yoghurt for natural yoghurt. You will not only consume less sugar, but also gain an extra boost of calcium. Natural yoghurt is lower in calories and higher in protein; by keeping you fuller for longer, it's great for the waistline!

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium
Frozen yoghurt (per 100g)	539kJ	3.8g	2.7g	1.8g	22.2g	18.4g	0g	43mg	124mg
Natural yoghurt (per 100g)	370kJ	6g	4.5g	2.7g	5g	5g	0g	75mg	195mg

### Swap 2: Swap white bread **for** soy linseed bread

#### Why?

White bread, while tasting soft and delicious, contains less nutrition than many other varieties of bread. By simply swapping to soy linseed bread you will gain an extra 190mg of calcium per 100g. You will also experience a boost in vitamins and minerals, plus it's full of flavour! Soy linseed bread is also higher in protein and fibre. It's perfect for weight management as it helps keep you satisfied for longer.

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium
White bread (per 100g)	1025kJ	9g	2g	0.3g	45g	3.5g	3g	455mg	455mg
Soy linseed bread (per 100g)	1010kJ	14.4g	4.8g	0.8g	31.5g	31g	7.1g	446mg	250mg





### Swap 3: Swap canned tuna **for** canned salmon (with bones)

#### Why?

Both tuna and salmon contain healthy fats that are good for the heart. By swapping from canned tuna to salmon, you are consuming a higher amount of omega-3 healthy fats and an extra 267mg of calcium per 100g. We often experience more joint pain as we get older, so adding more omega-3 fats to your diet can reduce symptoms of inflammation and joint problems.

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium
Canned tuna (per 100g)	435kJ	22.1g	1.6g	0.5g	0g	0g	0g	390mg	8mg
Canned salmon (per 100g)	527kJ	19g	5.5g	1g	0g	0g	0g	463mg	275mg



PHOTO CREDIT: SHUTTERSTOCK.COM

### Swap 4: Swap a regular cappuccino (small) **for** a skinny cappuccino (small)

#### Why?

Our muscle mass can decrease as we get older and in turn, this slows down our metabolism and can encourage unwanted weight gain. To help avoid this, try swapping your regular cappuccino for skinny and save the extra kilojoules. When grabbing your takeaway coffee, make the small size your default option and you'll save both kilojoules and money. Within a day or two, you won't be able to tell the 'skinny milk' difference.

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium
Regular cappuccino (per 255ml)	587kJ	7.1g	8.2g	5.4g	10.5g	10.5g	0g	89mg	150mg
Skinny cappuccino (per 255ml)	342kJ	7.9g	0.3g	0.3g	11.7g	11.5g	0g	99mg	174mg



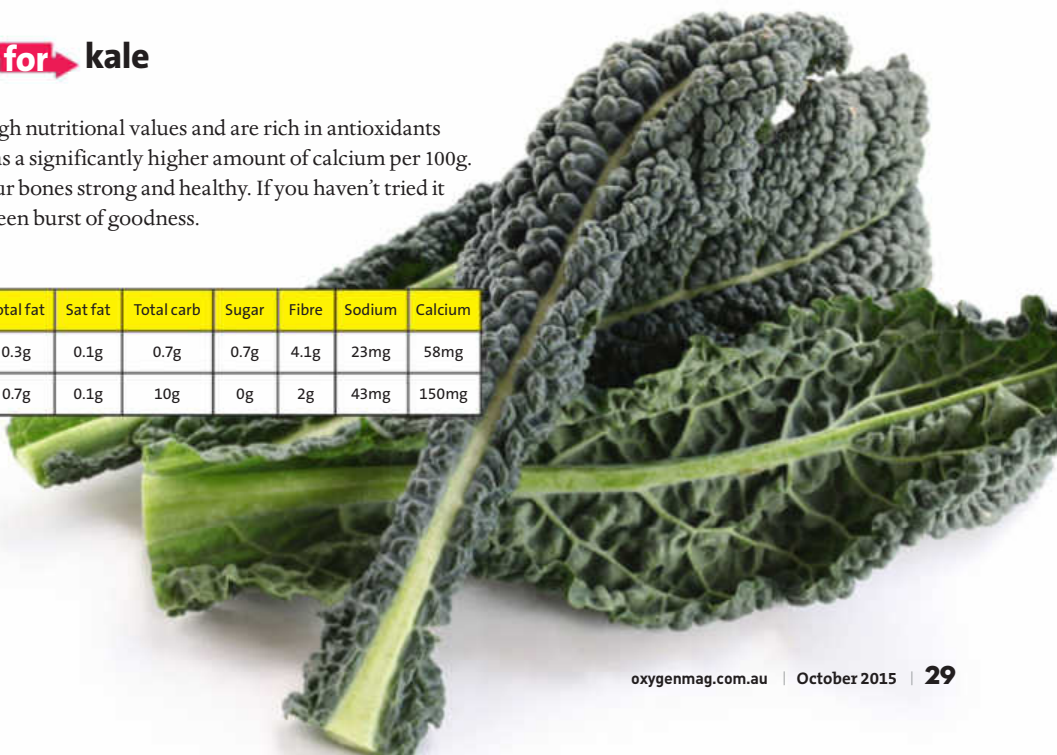
### Swap 5: Swap spinach **for** kale

#### Why?

Spinach and kale both have extremely high nutritional values and are rich in antioxidants (great for anti-ageing). Kale, however, has a significantly higher amount of calcium per 100g. This extra boost of calcium helps keep our bones strong and healthy. If you haven't tried it yet, try adding kale to smoothies for a green burst of goodness.

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium
Spinach (per 100g)	101kJ	2.6g	0.3g	0.1g	0.7g	0.7g	4.1g	23mg	58mg
Kale (per 100g)	208kJ	3.3g	0.7g	0.1g	10g	0g	2g	43mg	150mg





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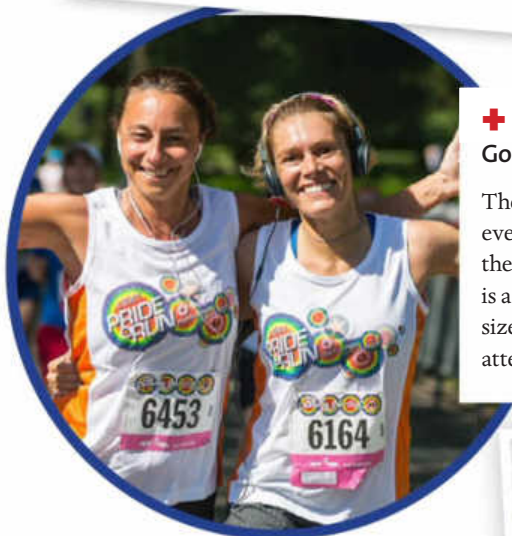
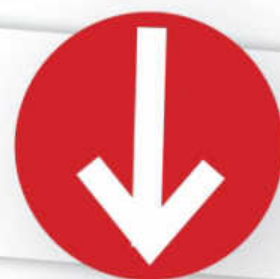
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# What's on



## **+ GOLD COAST PRIDE RUN** Gold Coast, QLD, 4 October 2015

The Pride Run is an opportunity for everyone to come together and celebrate the diversity of the Gold Coast. The event is a part of the Glitter Festival, and all ages, sizes, fitness levels and backgrounds can attend this fun run. Bring some colour,

some friends or even pets to walk, jog, run or dance through the multiple events ranging from 100m to 5km.

For more information visit [www.priderun.com.au](http://www.priderun.com.au)



## **+ GREAT AMAZING RACE** Melbourne, VIC, 10 October 2015

The Great Amazing Race is Melbourne's ultimate urban adventure race that raises funds for the Royal Children's Hospital Foundation. The fun-filled event is unlike any other marathon. It requires teams of two to find clues and puzzles while

completing multiple activities to discover secrets about Melbourne. The event is suitable for all ages and fitness levels.

For more information visit [www.greatamazingrace.com.au](http://www.greatamazingrace.com.au)



## **+ AUSTRALIAN WOMEN'S NATURAL BODY SCULPTING, QUEENSLAND TITLE EVENT**

Brisbane, QLD, 11 October 2015

AWNBS Queensland Titles is an exclusive all-female fitness competition for AWNBS members to celebrate their hard work and dedication. Categories and sub categories include bikini, fitness, figure, under 30s, over 30s, 40s and 50s age groups. With a chance to win over \$8000 worth of prizes and an opportunity to shine in front of a crowd with experienced judges, this is an event not to be missed. Make it your time to shine!

For more information, to become a member and register for the event today, visit [www.awnbs.com.au](http://www.awnbs.com.au)



## **+ MIND BODY SPIRIT FESTIVAL** Sydney, NSW, 22-25 October 2015

Enjoy an exciting, fun-filled day at Australia's largest health, wellbeing and natural therapies show. Learn from more than 200 exhibitors, attend free inspirational seminars, try some body pampering, watch the free stage performances, join a free meditation session and taste some delicious health foods.

For more information visit [www.mbsfestival.com.au](http://www.mbsfestival.com.au)





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# Determined, dedicated and disciplined

*"If opportunities don't come knocking then we must build them a door."*

HAVING WON DIVA FITNESS WORLD CHAMPION AT THE WBFF WORLDS FOR THE FOURTH TIME IN A ROW THIS AUGUST, ANDREIA BRAZIER ISN'T SLOWING DOWN ANYTIME SOON! WORDS BY KIRSTIN CUTHBERT | PHOTOGRAPHY BY A1 LIFESTYLE

**ANDREIA WAS BORN WITH FITNESS IN HER BLOOD. AS A YOUNG GIRL, SHE COULDN'T BE SEPARATED FROM HER BIKE OR SKATEBOARD AND, AFTER STEPPING INTO A GYM WHEN SHE WAS JUST 12, SHE HASN'T STOPPED LIFTING SINCE.** At the beginning of 2012 she set out to achieve her dream physique and she has not only achieved it, but so much more.

Eleven years ago, Brazilian beauty Andreia left home (Porto Alegre, Brazil) for London, England. She lived there for seven years but after visiting Dubai for work, she fell in love with the city and today calls Dubai home.

In Dubai, Andreia met the love of her life Kassem El Uneis and they both work full-time in the fitness industry. They share a love for fitness and nutrition and run the A1 Lifestyle together, a company that specialises in transforming people's lifestyle and body shapes. Andreia and Kassem also manage and handle two other companies.

"We run group training in Dubai and also provide online support on eating, training and lifestyle changes. We want to give people all over the world the opportunity to learn how to live a healthy lifestyle, we teach them to eat and train like I do," she says.

But it wasn't always smooth sailing. On her way to winning four WBFF titles Andreia encountered her fair share of set backs.

Just two weeks before her first WBFF in 2012, Andreia injured her right shoulder, stopping her from training upper body completely.





"I wasn't going to give up that easily or pull out from the competition so I worked around the injury," she says.

Then in 2014, one month before her appearance at the WBFF World competition, Andreia was not feeling herself and was lacking energy. She went to the doctor to see what the problem was and was diagnosed with a hyperthyroid. Again, Andreia refused to give up.

"I managed to work around it and listened to my body and when I stepped on stage, I received my third crown," says Andreia.

"It was my goal to compete and I made sure that I did everything possible to look my best on stage, no matter what obstacles were placed in front of me."

Throughout all of the highs and lows, Andreia continued to follow the 'eat clean, train dirty' principal when it came to her diet and nutrition.

"I always keep protein high in my diet in no matter what phase of training I am in. I generally keep carbs to a moderate level and only start to restrict them in the lead up to competition," she says.

"I stay relatively lean all year round and always make sure I have my abs. I never bulk as it is my goal to stay lean and healthy all the time."

Cravings don't appear to be an issue for Andreia, who says she considers almond and peanut butter her favourite foods and is very in-tune with her body and its nutritional needs.

"I don't really have cravings because my body tells me when to eat. I always make sure I have a snack in my bag. I like to keep my diet clean because it makes me feel good," she says.

***If you were to take a look in Andreia's fridge, you'll always find her favourite snacks – cherry tomatoes and cottage cheese – plus her clean staples white fish, salmon, chicken, eggs, sweet potatoes and all different types of veggies.***



Along with her very clean diet, Andreia employed another strategy that helped her to win the 2015 WBFF.

"As the WBFF Worlds show got closer, my workouts became less intense. I did this so that I could benefit from the new fitness gains I achieved when varying my training techniques. I did gentle abs every day," she says. ▶

***"My biggest competition has and always will be me."***



"My 2015 goal was not to look too hard on stage. I wanted to keep the muscles visible, keep my body fat down and achieve a perfect balance."

While she says she never expected to win, she believes she brought what they were looking for.

"I always step on the stage to have fun and give myself new challenges. I was surprised with how well I went! The judges were looking for a Diva Fitness Model, someone who had the whole package. They were looking for the best body proportions, face and stage presence and everything counts such as hair, make-up and the perfect 'Diva Tan'!" she says.

Like every other year, Andreia believed her biggest competition was herself.

"My biggest competition has and always will be me. The goal is to keep improving myself; we always have room for improvements!" she says.

The WBFF has changed Andreia's life in more ways than she every imagined.

"I am a stronger woman, happier and am now the proud owner of my own business," she says.

"I love the fitness lifestyle so much and I have always wanted to dominate in this sport. In everything I do, I always give it 100 per cent. To be the best you have to train like the best. I am so passionate about what I do and my future goal is to spread this passion by helping other people get what they want in life and to achieve their goals."

While this year's WBFF Worlds were Andreia's last competition, she definitely isn't slowing down.

"I am moving forward with having and building my own family. But this doesn't mean that my wisdom and perspective surrounding health and fitness lifestyle will change. I will continue widening and evolving my vision, mission and goals," she says.

After overcoming obstacles and achieving amazing results, Andreia is nothing but happy that her hard work has paid off.

"The universe gives me the wisdom and power to transform my life for better. Opportunities motivate me to keep pushing forward. After all, if opportunities don't come knocking then we must build them a door!" ●



## QUICK QUESTIONS WITH A WBFF PRO

3

### Top three fitness tips:

1. Be healthy by being smart – always listen to your body.
2. Work on being consistent.
3. Accept what you can improve on and make it happen – build a better version of yourself!



Andreia and Kassem



## Supplementation

"40 minutes before my workout I take 6000mgs of BCAA'S, 1500mgs of L-Carnitine, 3000mg of L- Arginine, 5g of glutamine and 2000mg of spirulina. After my workout I take the same supplements as well as a protein shake.

I take supplements because I definitely feel the results faster and recover easier. I feel more energised daily, have a greater immune system and lots of strength to lift the weights and keep up with my demanding and active lifestyle. I

can train more frequently each week for longer periods of time and be protected from getting sick and losing lean muscle.

Nutrition combined with supplementation is extremely important. This ensures I only lose the extra body fat I need to lose so I can look fabulously shredded on stage."



## Andreia's current training routine:

### MONDAY: CHEST

- Flat bench 4x15
- Incline bench 4x20
- Push-ups 4x15
- Dumbbell flat bench flies 4x15
- Standing cable flies 4x15

### TUESDAY: BACK/ABS

- Pull-ups 4x 10
- Pull-downs 4x20
- Seated cable rows 4x20
- Hanging leg raises 4x30

### WEDNESDAY: LEGS

- Squats 5x20
- Leg press 5x15
- Sumo deadlifts 5x20
- Leg extensions 5x20

### THURSDAY: OFF/REST DAY

### FRIDAY: CHEST/ SHOULDERS/ABS

- Dumbbell press 5x20
- Decline push-ups 5x20
- Squat and press 5 x 20
- Abs cable side bends 8x25
- Hanging knee side raises 8x25

### SATURDAY: LEGS

- Sumo deadlifts 5x10
- Leg curls 5x12
- Walking lunges 4x100
- Leg extensions 4x20
- Front squats 5 x 12

### SUNDAY: BACK/ABS

- Single arm rows 5x 15
- Pull-ups 5x8
- Reverse flye 4x16
- Abs leg raises 10x20
- Frontal plank 5x20
- Bent over rows 6 x10



### Training philosophy:

*If I'm at the gym: train hard or go home!*

I love balance and I do listen to my body. If I am not in the mood, I will just take some time off. I always respect my body.

3

### Top three tips to achieve a goal physique:

1. Eat clean
2. Train hard
3. Sleep well

✈

### Hobbies:

Travelling, being close to nature and animals, going out for nice coffee and lunch, watching shows, having a spa treatment and spending time with Kassem.

🎵

### Favourite workout music:

Chris Brown, Usher, Bon Jovi, AC/DC and Led Zeppelin to name a few.

## Connect with Andreia:

**12 week body weight eBook:** [www.andreiaebook.com](http://www.andreiaebook.com)

**Facebook:** [www.facebook.com/AndreiaBrazierModel](http://www.facebook.com/AndreiaBrazierModel)

**Instagram:** [www.instagram.com/andreiabrazier](http://www.instagram.com/andreiabrazier)

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**Snapchat:** andreiabrazier1

**3-Phase ABS Program:** [www.andreiaebook.com/abs](http://www.andreiaebook.com/abs)

**12 week shred eBook:** [www.andreiab.com](http://www.andreiab.com)

**Youtube Channel:** Andreia Brazier

**Vimeo:** Andreia Brazier

“

**The new Ava is stepping out of fear and into the truth on all levels at all times. That is how I am now living my life. And to walk out of fear is to say publicly that I am 43 years old, and I'm proud of it.**

”





AGE-  
DEFYING  
DELTS!



# FEAR LESS

# AND FIERCE

→ MEET THE NEW AVA COWAN AS SHE DISCUSSES HAIRCUTS, AGEISM, RETIREMENT AND FREEDOM. **PLUS, SHE SHARES HER SEXY SHOULDER ROUTINE!**

BY LARA McGLASHAN, CPT, FITNESS EDITOR • PHOTOGRAPHY BY IAN SPANIER

## BIO BOX

**NAME: AVA COWAN**  
**BIRTH DATE: OCTOBER 21, 1971**  
**BIRTHPLACE: RIDGECREST, CALIFORNIA**  
**HEIGHT: 164CM**  
**WEIGHT: 56KGS**  
**TWITTER/INSTAGRAM/FACEBOOK: @AVACOWAN**

➔ **Nobody ever said the fitness industry isn't a tough business. Truth to tell, you have to have skin as thick as a bull elephant to come out unscathed by the criticisms of judges, fans, anti-fans and cyberbullies.**

But one woman at the 2015 Arnold Figure International did not give one damn about what anyone else thought. She strode onstage with a shorn blonde 'do, a radiance that comes with self-awareness and a presence that made the crowd stand still. She didn't win — far from it — but she literally could not care less.

"I think I finished last — I actually have no idea," says Ava Cowan. "But I had a blast — I had the best time. I was indifferent to what people thought, and that was amazing."

This *que sera, sera* attitude is a new one for Ava, who up until this very article had never even given her real age in an interview. "I used to believe that you lose value as a woman as you get older, and I always associated being older with a decline," she admits. "But the thing is — this is the oldest I have been and the happiest I have been, so how can it be bad? The new Ava is stepping out of fear and into the truth on all levels at all times. That is how I am now living my life. And to walk out of fear is to say publicly that I am 43 years old, and I'm proud of it."

Though liberated from judgment, Ava has still opted to retire from competition. "I don't feel that I have anything left to prove," she says. "It doesn't serve me anymore as a person and I know I am enough, and I don't have to compete again."

Looking back, Ava has no regrets about her career or her decisions about — well, basically about anything. "I wouldn't have changed a thing about my path because it put me right here,

right now, in this moment," she says. "I have no regrets because I have arrived, so to speak, right here. In a world where I used to fear being judged, now I am fearless. I can say and do whatever I want. Everything is exactly how it's supposed to be."

## A NEW WAY TO TRAIN ... IN ANY DECADE!

Retiring does not mean couch-surfing to Ava. In fact, she has also overhauled her training program and transformed it into a whole-body synergistic plan with an emphasis on multiple planes of motion. "I am more interested in the athletic conditioning aspect of working out these days than I am in my external appearance," she says. "If your body is moving in all planes of motion, you will actually get the most beautiful, aesthetically pleasing body possible because every single muscle has to engage on some level, as does your mind."

Ava changes her program every six to 12 weeks and continually plays with the variables in a very instinctual style of training. "I am very intuitive and can tell if I need to change things," she says. "Sometimes I will train one bodypart twice a week if it is lagging, or I lift heavy one day and do endurance another day — depends on how I feel and what I think my body needs."

This shoulder workout is born from Ava's multidirectional training edict, and she does this routine when she feels her shoulders need some extra attention. Minor changes to hand position and lifting angles fire new muscle fibres with each variation, a technique Ava believes more fully develops your muscle bellies because of neurological and muscular engagement.

**"IN A WORLD WHERE I USED TO FEAR BEING JUDGED, NOW I AM FEARLESS."**

## AGE-DEFYING SHOULDER ROUTINE

EXERCISE	SETS	REPS
• External rotation	3	15-20 each side
• Seated dumbbell press (neutral grip)	4-5*	8-12
• Lying dumbbell lateral raise giant set:		
- Supinated y-raise		
- Neutral lateral raise		
- Supinated lateral raise		
- Pronated lateral raise		
- Pronated rear v-raise	2	8-12 each variation
• Dumbbell overhead press combo	2-3	8-10
• Bent-over rear delt raise	3	8-10

\*The first two sets are warm-ups using a lighter weight in the 15- to 20-rep range.





## EXTERNAL ROTATION

**SET-UP** Hold the handle of a resistance band in one hand with your elbow bent 90 degrees. Hold the centre of the band in your other hand to create tension horizontally across your abdomen.

**MOVE** Keeping your elbow pinned to your waist, open your hand out to the side as far as you can and pull the band taut. Hold your other hand steady throughout. Slowly return to the start and repeat right away.

### TIP

Move slowly and continuously to warm up the tiny muscles in your rotator cuff to help prevent injury.



## SEATED DUMBBELL PRESS (NEUTRAL GRIP)

**SET-UP** Sit on a bench with a short back and hold a set of weights next to your ears, palms facing inward, elbows down. (To keep constant tension on the shoulders, Ava's start and finish position is a little higher than normal.)

**MOVE** Straighten your arms and press the weights up and overhead until they reach full extension, then slowly return to the start.

### TIP

Don't bounce the weights at the bottom. Make your movements smooth and controlled, like pistons sliding on a track.

## LYING DUMBBELL LATERAL RAISE GIANT SET

**SET-UP** Lie face-down on an incline bench set to about 45 degrees. Hold a light set of weights with your arms hanging perpendicular to the floor.

**MOVE** Begin with one of the variations listed below. Do eight to 12 reps, then change positions and immediately do eight to 12 more reps. Continue this way until you've completed all five variations. Rest up to two minutes, then repeat once more.



### VARIATIONS



#### 1 SUPINATED Y-RAISE

Turn your palms forward and lift your arms in front of you in a Y shape, leading with your thumbs.



#### 2 NEUTRAL LATERAL RAISE

Turn your palms inward and lift your arms straight out to the sides to shoulder height.



#### 3 SUPINATED LATERAL RAISE

Turn your palms forward and lift your arms straight up to the sides, leading with your thumbs.



#### 4 PRONATED LATERAL RAISE

Turn your palms rearward and lift your arms straight out to the sides to shoulder height, leading with your pinkies.



#### 5 PRONATED REAR V-RAISE

Turn your palms rearward and lift your arms up and behind you in a V shape, leading with your pinkies.



“IF YOUR BODY IS MOVING IN ALL PLANES OF MOTION, YOU WILL ACTUALLY GET THE MOST BEAUTIFUL, AESTHETICALLY PLEASING BODY POSSIBLE BECAUSE EVERY SINGLE MUSCLE HAS TO ENGAGE ON SOME LEVEL, AS DOES YOUR MIND.”

Training **OXY**



## RUNNING THE RACK

This is an excellent way to do a maximum amount of work in a minimum amount of time and shock your muscles into responding. For this advanced technique, set yourself up with several sets of dumbbells in decreasing weight increments, preferably arranged on a rack in front of you or on the floor. Begin with the heaviest weight and do as many reps as you can until you reach failure. Then drop that set and immediately pick up the next lightest set and rep it out again to failure. Continue down the rack until you reach the lightest weight and rep it out until you physically can't lift your arms anymore. Then you're through! Ava Cowan likes to use this technique with dumbbell side raises to build the lateral delts and give the illusion of a smaller waist and hips.



### DUMBBELL OVERHEAD PRESS COMBO

**SET-UP** Stand with your feet hip-width apart and hold a dumbbell with both hands at your chest, elbows down.

**MOVE** Press the weight straight up overhead until your arms are fully extended, then return to the start. Next, press it up and to the left and back down, then up and to the right and back down to complete one rep.

#### TIP

Don't turn as you press side to side; keep your hips square.



#### TIP

Keep the weights in your peripheral vision to hit the rear delts and not the back muscles.

### BENT-OVER REAR DELT RAISE

**SET-UP** Hold a set of weights with your arms at your sides, palms facing inward. Fold forward from your hips with a straight back until your torso is 45 degrees or slightly lower to the ground. Allow your arms to hang straight down from your shoulders and bend your elbows slightly.

**MOVE** Leading with your elbows, lift the weights up and to the sides until they are parallel to your shoulders. Pause briefly, then slowly lower to the start. ●

# Rebuilding from Rock Bottom

CREATOR AND DIRECTOR OF BODY CONQUEST PERSONAL TRAINING INGRID BARCLAY KNOWS ALL ABOUT THE UPS AND DOWNS THAT CAN BE FOUND ON THE COMPETITION ROLLERCOASTER.

**M**y first bodybuilding competition was in 1999 – back then, there was not a lot of literature on how to prepare for competition and the terms ‘metabolic damage’ and ‘post-comp blues’ weren’t even coined then.

To prepare for the comp I lost 25kg in 10 weeks and, within just 16 weeks post-comp, I had put back on 30kg. My self-esteem was left in tatters. As the head personal trainer in a hard-core bodybuilding gym, people didn’t find me very credible – at least not when judging me on my appearance.

There were so many humiliating moments and conversations I encountered that I have blocked much of them out.

As I tried and tried to get my eating under ‘control’, I felt like I was a puppet on a string, being controlled by some devil that was hell-bent on making me feel like a failure. Sadly, I allowed it.

I became a fat-loss expert and had no problems getting my clients onto the stage in fantastic condition. But when it came to myself, there was a huge gap between knowing what to do and actually doing it.

By the time I was up to my eighth attempt of trying to get on stage, I was suffering Pavlov’s dog effect. I had paired diet and failure together for so long that as soon as I tried to diet, I would always be met with failure. For the last five to six years my stage dreams have lain dormant but, I have to admit, I never quite let them go.

At the beginning of my ‘transformation’, I was broken – hormonally, mentally, physically and metabolically. I was a mess. I had hit my rock bottom and it became my surrender point. Not only did I know I had to train consistently and eat according

to plan, I also knew I had to end my emotional eating.

In the beginning I was quite resistant to many ideas. But, to be honest, I had nothing else left to try. I was so sick of my daily mental gymnastics. I worked my ‘aware’ principle with laser-like focus and this allowed me to get on top of my food issues – I could no longer use food as my crutch when I felt an emotion I couldn’t cope with. I learned to be comfortable with feeling uncomfortable.

Ultimately it wasn’t so much about the ‘right’ training program, nor the ‘right’ food – it was

about finding the right mindset. I began to tap into my core values and beliefs surrounding food and started to see food as the solution rather than the problem.

Two competitions and two wins later, I feel great! This time at 10 weeks post-comp, there is no bingeing, no issues, no backlash and no mental exhaustion from thinking about food 24/7. If I can teach others to find peace surrounding food, then I’m winning. I never thought I would get here and I am so glad I proved myself wrong, because ‘here’ is an amazing place to be.



## INGRID BARCLAY

Ingrid Barclay has a qualification in Human Movement and a Post Graduate Diploma in Secondary Teaching. She is a certified Recomp Specialist Coach and has her Metabolic Precision Level 3. Being in the fitness industry since 1989, she continues to write for various fitness magazines on a

regular basis. Ingrid has also written a number of books including *Figure It Out* and *All Figured Out*. Ingrid now directs her efforts to helping women end their battles with emotional eating and has been on the road delivering her End Emotional Eating seminar around Australia.



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# Supercharge Your Fat Loss



WRITTEN AND DEMONSTRATED BY RACHEL GUY | PHOTOGRAPHY BY DALLAS OLSEN | HAIR AND MAKE UP BY LISA LEE



**OXYGEN AUSTRALIA COVER MODEL RACHEL GUY SHARES HER ULTIMATE CALORIE-BURNING AND BODY-TONING CIRCUIT.**

**LIFE GETS IN THE WAY AT TIMES. WHILE YOU MAY LOVE YOUR WORKOUTS AND MAKE THEM A PRIORITY, LET'S BE HONEST, THERE ARE MANY OTHER IMPORTANT THINGS IN YOUR LIFE TOO.**

I have designed a supercharged fat-loss workout for busy women who work hard, play hard and are short on time.

To receive the greatest training effect in the shortest time possible, this is designed as a total-body workout that alternates upper- and lower-body exercises. In this manner, blood has to be shunted back

and forth between the two, creating a greater metabolic demand on the body.

You are also going to be lifting heavy weights for a moderate repetition range: between six to eight reps. A very common myth in the fitness industry is that you should be doing high reps for fat loss. While high reps are a useful tool, women need to incorporate heavy lifting into their routine as well if they are to achieve maximal fat loss.

Heavy lifting enables you to tap into a greater proportion of your muscle fibres that

wouldn't otherwise be activated.

Combining heavy lifting with shorter rest periods increases the metabolic cost of the workout, translating into improved fat loss and body composition.

To further the fat-loss effect, slow down the eccentric component (the lowering phase) of each exercise. Lowering the weight slowly over four seconds will increase the time under tension.





## THE WORKOUT

THIS WORKOUT IS A CIRCUIT STYLE SO YOU WILL COMPLETE A1 FOLLOWED BY A2, RIGHT THROUGH TO A6. BETWEEN EACH DIFFERENT MOVE, REST FOR 10 SECONDS. BETWEEN ROUNDS, REST FOR 120 SECONDS AND REPEAT FOR FOUR OR FIVE ROUNDS.

Move	Exercise	Reps	Rest time
A1	Dumbbell sumo squat	6-8	10 seconds
A2	Triceps dips	6-8	10 seconds
A3	Dumbbell lunges	6-8 each leg	10 seconds
A4	Dumbbell bent-over row	6-8	10 seconds
A5	Swiss ball leg curls	6-8	10 seconds
A6	V-sit	6-8	120 seconds

### DUMBBELL SUMO SQUAT

**SET-UP:** Hold one end of the dumbbell with both hands so it is perpendicular to the ground. Keep your back straight and abs braced.

**ACTION:** Take a breath in, as you breathe out bend forward at the hips into a squat position. Pause for a moment and then drive through

your heels to stand. Squeeze your glutes hard at the top of the movement and keep your shoulders back and down.



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## TRICEPS DIPS

**SET-UP:** Place your hands on a bench just outside of your hips. Slide your butt off the bench so your weight shifts into the heels of your hands.

**ACTION:** Keeping your abs tight and your shoulders back and down, slowly lower yourself so your elbows face backward and your butt drops towards the floor. Do not dip too deep as this causes unnecessary stress to the front of the shoulder joint. To raise, push through the bench with the heel of your hands and squeeze your triceps at the top.



## DUMBBELL LUNGES

**SET-UP:** Using a split position, ensure you are on 'train tracks' (feet hip width apart) rather than on a 'tightrope' to improve your balance. Hold a dumbbell in each hand at your sides.

**ACTION:** Keeping the dumbbells by your sides, your chest up and abs braced, drop into a lunge position ensuring your hips stay even. To raise, push through the heel of the front foot and squeeze your butt hard. Complete all reps on one side and then switch to the other side.





## DUMBBELL BENT-OVER ROW

**SET-UP:** Holding a dumbbell in each hand, bend forward at the hips, keeping your abs braced and shoulder blades locked back and down.

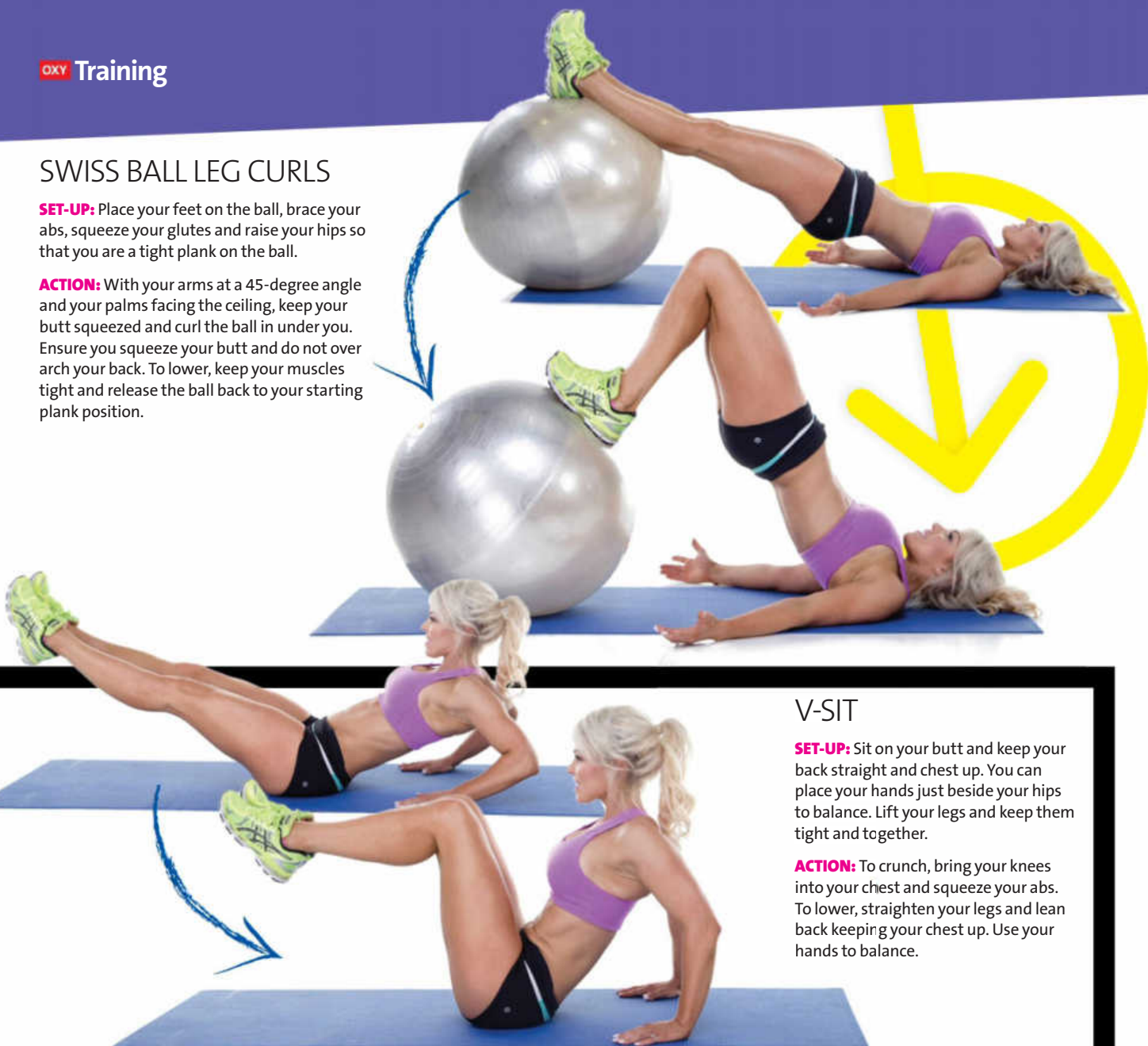
**ACTION:** Gripping the dumbbells hard, pull your elbows back and squeeze your shoulder blades together to complete a row movement. To lower, slowly release.



## SWISS BALL LEG CURLS

**SET-UP:** Place your feet on the ball, brace your abs, squeeze your glutes and raise your hips so that you are a tight plank on the ball.

**ACTION:** With your arms at a 45-degree angle and your palms facing the ceiling, keep your butt squeezed and curl the ball in under you. Ensure you squeeze your butt and do not over arch your back. To lower, keep your muscles tight and release the ball back to your starting plank position.



## V-SIT

**SET-UP:** Sit on your butt and keep your back straight and chest up. You can place your hands just beside your hips to balance. Lift your legs and keep them tight and together.

**ACTION:** To crunch, bring your knees into your chest and squeeze your abs. To lower, straighten your legs and lean back keeping your chest up. Use your hands to balance.

*This workout is powered by USN Diet Whey*



### ABOUT RACHEL GUY

Fat loss professional, Oxygen cover girl and CEO of Athletic Fox, Rachel Guy has worked in the fitness industry for the past 13 years. Based in Sydney, she is now regarded as one of Australia's top female trainers with an international following. Athletic Fox inspires and educates busy, driven and successful women to live a healthy, balanced and fun lifestyle. Athletic Fox specialises in online training with the flagship program The Athletic Fox Blueprint and the ever popular 21-day rapid fat loss 21BBB program, in addition to high-end training and consulting services. For more information about Athletic Fox and Rachel Guy, her approach to building a hot body or working with her at an elite level, check out [www.athleticfox.com](http://www.athleticfox.com)

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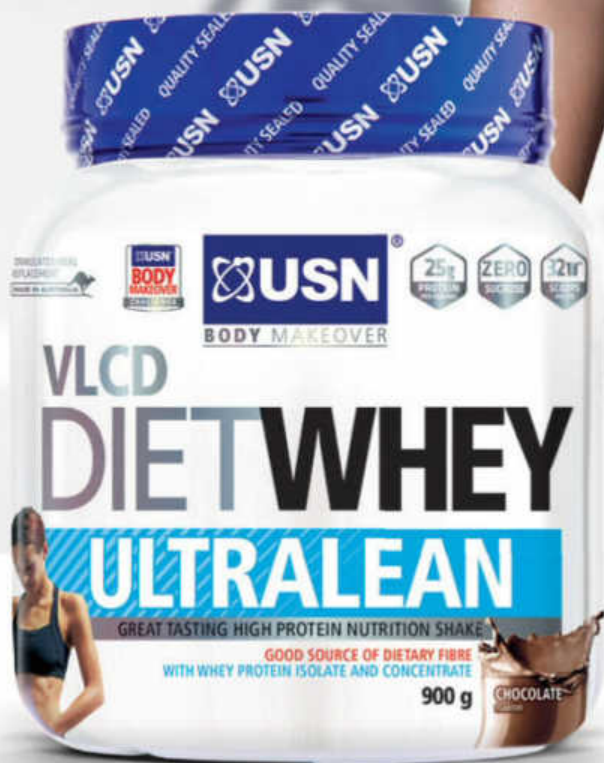
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fitness experts, celebrities and athletes.

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This includes categories that allow bodybuilders to compete for a chance to progress to the INBA/PNBA Natural Olympia in Vegas, flights and accommodation included.



For those considering a career in fitness or wanting to further develop a fitness business, there is plenty of support on offer from leading fitness industry training organisations and business service suppliers.

The Fitness & Health Expo will be held October 24 and 25 at the Brisbane Convention and Exhibition Centre. It's open from 10am to 5pm each day.

For more information visit [www.fitnessexpo.com.au](http://www.fitnessexpo.com.au)

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IT'S TIME TO BANISH THE WORDS 'I'M TOO OLD FOR THIS!'

# Empowered at EVERY AGE

BY GEOFF EDWARDS

**W**e are not as young as we used to be." Do your friends or family members ever call you and say these words? These are the types of words that make us feel old. We may be having an exhausting week, with multiple demands, excessive workloads and other daily stresses. A statement such as this can easily make us feel that we're simply 'too old for all of this'.

Instead of allowing ourselves to jump to this conclusion, we can easily do and think things that will allow us to feel empowered. This article is full of tips to help you start living life to the fullest every day. Put them into action and promise yourself that you will never say the words "I'm too old for this!"

PHOTO CREDIT: SHUTTERSTOCK.COM



## BUILD YOUR FOUNDATION

Take some time to reflect on your life. What is it about? Are you satisfied with the progress you're making? Is there anything you'd like to change?

If there is something you'd like to change, the first step is to understand the trends and patterns you have. These can exist over long periods of time and may be associated with frustrations you are yet to address. By acknowledging your trends and patterns,

you are provided with an opportunity for reflection. This reflection can lead you to look at new approaches and options; it will help you to check where your life is headed.

Quite often we don't have time to see where we would like to head and we may end up somewhere we don't want to be. Set some time aside, go to a quiet place by yourself and reflect on some of the following questions.

- » What motivates you?
- » How do you enjoy yourself?

- » What drives you?
- » How do you have fun?
- » What do you do to look after yourself on a regular basis?
- » What are your strong points?
- » What are major sources of satisfaction and success for you?
- » What do you think are your weak points?
- » What do you want to change?
- » Do you tend to sabotage yourself? If so, how?

- » What causes you stress and are you able to release it?
- » What are major sources of frustration for you?
- » When were you happiest in your life? Why?
- » What do you want the rest of your life to be about?

Once you have reflected on these questions, think about your achievements at various stages of your life and where you would like to be in one, two, five and 10 years from now.

## CHANGE YOUR BRAIN



After you have done some work on building the foundations to success, you may find there are some areas in which age is an obstacle for you. Remember that it's all a state of mind and changing your mind can be done very easily and quickly. The way we see the world is based on our mental images, sounds and feelings. The emotions we experience daily become stored as energy in our bodies, so when we are always under stress, this is retained and the body starts to run the mind, like you are on autopilot.

Dr Joe Dispenza, in his book *Breaking the Habit of Being Yourself*, indicates that you are not doomed by your genes or hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. Consider what you would like your reality to be, because you can certainly achieve it.



## Age is no barrier tips

- ☐ Appreciate what you have in your life daily.
- ☐ Make a list of people who inspire you.
- ☐ Be clear on your vision.
- ☐ Notice how often you are stressed and find a relaxation technique.
- ☐ Ask yourself daily 'what is a better way to be?'
- ☐ Note your successes daily.
- ☐ Give back to the community.

## ALIGN WITH LIKE-MINDED PEOPLE

To feel inspired, start finding like-minded friends, associates and networks that will be there for you when you may need some motivation, rather than reminding you that you're all getting old. Through a congenial atmosphere, rather than a competitive one, you will stay motivated and encouraged. Members of a group can also push each other to reach goals and cheer each other on. When someone has a bad day, the group is there to lift their spirits and sympathise.

Overall, the most obvious places to find like-minded individuals are your fitness centre, at home or in your local and online communities. A few other suggestions for finding like-minded people:

- » Family members can make good support networks; however, make sure they're serious about their commitments to you.
- » Co-workers are another resource.
- » You could approach someone at the gym.
- » Use the Internet or other online applications. The rise of social networking sites such as Facebook and Twitter means you can go to cyberspace for support.
- » Also, you may like to consider an online coaching program.

## BALANCE AND BUILD

As with all success approaches, balance is the key, so look at all the areas in your life and notice where you require more focus. When you know where the focus is required, ensure that it is not on the 'someday it will happen' list. Be committed, be serious, be empowered to make it happen, starting with looking after yourself right now. ●



Geoff Edwards is an internationally accredited life coach with more than 25 years of coaching experience who can support you on your journey to success with results that last. He welcomes correspondence from readers keen to share any successes that they're excited about, or if you would like to develop your own personal success plan related to being 'empowered at every age', you can get in touch with him via [geoffedwards@bigpond.com](mailto:geoffedwards@bigpond.com) or through his website [www.geoffedwards.net](http://www.geoffedwards.net) or Facebook: [www.facebook.com/geoff.edwards2](https://www.facebook.com/geoff.edwards2)



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# Is **organic protein** *better?*

Your protein needs are a must to fuel your active lifestyle. Oxygen explores why organic might make a better choice

By Linda Melone, CSCS



A close-up photograph of a brown hen with a prominent red comb and wattle, standing in a lush green field. The hen is facing left, and its feathers are detailed with shades of brown and gold. In the background, other chickens are visible but out of focus. The word "yes." is overlaid in a large, white, sans-serif font, with a small yellow dot at the end of the period.

yes.

PHOTO CREDIT: SHUTTERSTOCK.COM



# YOU KNOW

**you need protein to build muscle, boost your metabolism and keep hunger at bay. But the type of protein you choose can also play a factor in your success.**

Concerns over pesticides, antibiotics and the inhumane treatment of animals make a solid case for buying organic meat, poultry and fish. Now new research shows there's more to the argument if you're striving for a strong, lean body. It may be time to switch to organic protein to make the most of your hard-earned results.

For starters, pesticides and chemicals disrupt processes at your body's cellular level, down to the mitochondria, says Jonny Bowden, Ph.D., the "nutrition myth buster" and author of many books, including *The 150 Healthiest Foods on Earth* (Fair Winds Press, 2007). Mitochondria generate energy our cells need to do their jobs. "They're essential for every activity," Bowden says. "When there's a toxic overload in the system such as from pesticides, they disrupt the energy-making processes of the mitochondria." In addition, chemicals in the environment called "obesogens" may contribute to fat storage. "Obesogens molecularly mimic a hormone," Bowden says. "Called 'endocrine disruptors,' these impersonators can literally generate fat and create fat storage." So a diet high in chemicals and toxins from eating factory-farmed meat (which includes the majority of supermarket meat) can make it easier for your body to gain fat and may hamper your workout performance.

Evidence dating back to the 1970s shows a link between low-dose chemical exposure and weight gain in experimental animals. More recently, these "obesogens" have garnered increased attention and acknowledgment by the National Institutes of Health. Research suggests obesogenic compounds vary in how they work — some affect the size of fat cells, while others influence the number of fat cells and still others impact appetite, energy metabolism and satiety. For example, the chemical obesogen bisphenol A, found in the lining of canned goods, disrupts the signals controlling the number of fat cells produced and the uptake and storage of fat in those cells.

Choose grass-fed whenever you can, not just organic, Bowden says. "Organic meat simply means the cows were fed organic grain, which they shouldn't be eating to begin with since it makes them sick and they then require antibiotics." Look for the grass-fed label to ensure the product meets the the grass-fed criteria. "They are not one and the same. Grass-fed is almost always organic, but organic is not necessarily grass-fed," he says. A step above organic, grass-fed meat contains less omega-6 fatty acids and higher levels of omega-3s, which are better for heart health. Research from California State University, Chico, shows grass-fed beef also offers higher levels of antioxidants, vitamin A and E, less cholesterol and twice the levels of conjugated linoleic acid, which has been shown to reduce body fat and increase muscle strength and endurance. The addition of chemicals, toxins and hormones disrupts everything, Bowden says. "Choosing better meat can result in better performance all around." Keep in mind you'll pay for the difference, however.



PHOTO CREDIT: SHUTTERSTOCK.COM



## Buying, cooking and storing organic meat

Always look for the organic seal and sell-by date when buying meat, chicken or fish, says Adin Langille, executive chef of David Burke fabrick in New York City. “Organic cuts are usually more flavourful and tender. I also prefer wild fish over farm-raised whenever I can because of the better nutrient content (higher omega-3s),” he says. “Check for discolouration and an off-odour before buying.” Aside from the organic seal, you can tell farm-raised fish from wild fish by their fins, Langille says. “Farm-raised fish have small fins. Larger fins indicate it was out swimming in the wild.” Store fresh meat and fish in the refrigerator for up to two days. For longer storage, use a vacuum sealer for airtight storage before freezing. Langille does not recommend freezing fish.

Preparing an organic steak takes some know-how. “Organic meat will be naturally leaner,” says chef Ariane Daguin, co-founder and CEO of D’Artagnan, a gourmet purveyor of organic meats, game, poultry, truffles and more. “So you have to be careful of the cooking.” Too much heat or overcooking quickly toughens the meat. Daguin recommends searing the outside of the meat or chicken (this also works with fish) to “seal” in the juices. “When you do that with any kind of meat, it ends up much moister,” he says. Good cooking choices for using this technique include pan searing or grilling.

If you want to tenderise your meat and add flavour, a marinade might be just the trick.

Daguin suggests this soy and pineapple marinade:

- ½ cup soy sauce
- ½ cup pineapple juice
- 2 tablespoons sweet rice wine
- 1 tablespoon honey
- 1 tablespoon toasted sesame oil
- 1½ teaspoons minced garlic
- 1½ teaspoons minced ginger

### What’s on the label?

The green Australian Certified Organic label indicates farmers and growers have met strict government standards. Here are important labelling facts to know when shopping for organic foods.

Labelling criteria of organic products are based on the percentage of organic ingredients they contain.

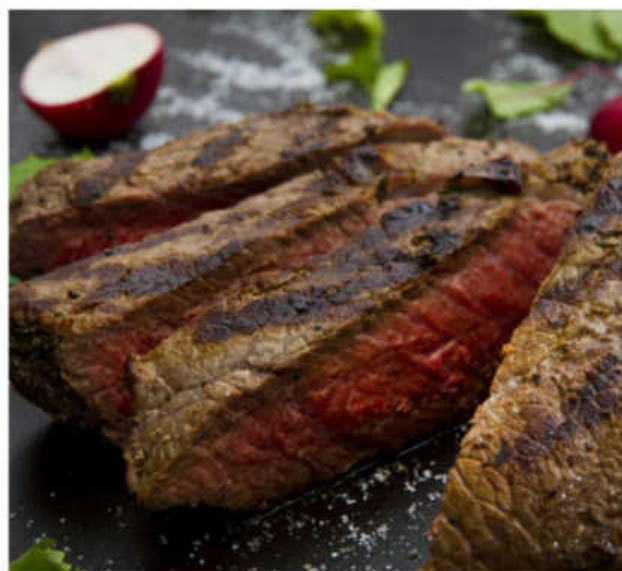
● **“Natural” (as in “natural beef”)** This indicates that no chemical additives were added after the animal is processed but does not restrict additives used beforehand. The animal may be plumped up with hormones, grown on a pesticide-laden farm with fertilisers and still exhibit a “natural” label.

● **“100% Organic”** It must contain only organically produced ingredients.

● **“Organic”** It must contain at least 95 percent organically produced ingredients.

● **“Made with organic ingredients”** This denotes products containing a minimum of 70 percent organic ingredients.

● **“Grass-fed”** To meet grass-fed criteria, the animal must be fed only grass and forage from weaning until harvest, was raised on a pasture without confinement or feedlots, was never treated with antibiotics or growth hormones, and was born and raised on Australian family farms. ●



### Indoor grilling tips for a perfect steak

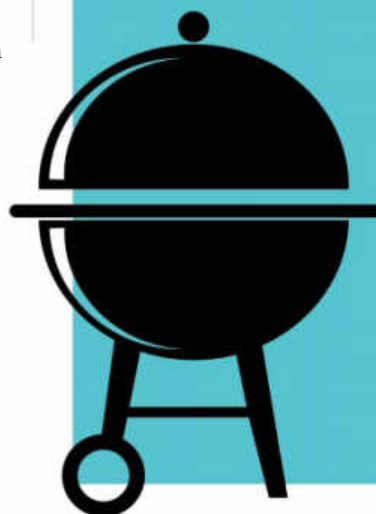
Next to an outdoor barbecue, indoor grilling is the next best thing for creating a delicious steak. Keep these tips in mind to get the most out of your organic beef. Expect a little smoke, so turn on your oven fan or open the windows.

● Steaks should be no less than three centimetres thick, says chef James Trees of Hutchinson Cocktails & Grill. “In order to grill, you have to create a crust. Four centimetres is perfect, he says.

● If you’re using a George Foreman Grill, preheat it according to manufacturer’s directions. To preheat a stove-top grill, heat it until it’s very hot; a flick of water should pop, bubble and instantly dissolve. Brush the grill with a light coating of oil to prevent sticking. Reduce heat to medium-high.

● Season the steak as desired. (Salt and pepper is enough.) Cook the meat on one side to create a crust. Leave it undisturbed for three to four minutes, then flip to cook the other side. Avoid flip-flopping it.

● Use a meat thermometer. Foodauthority.nsw.gov.au suggests an internal temperature of 63 degrees for steaks, roasts and chops, 71 degrees for ground meats and 74 degrees for chicken and turkey.



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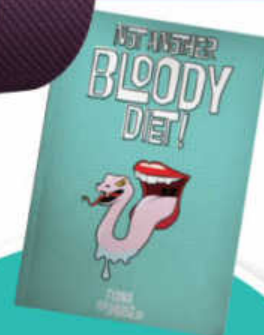
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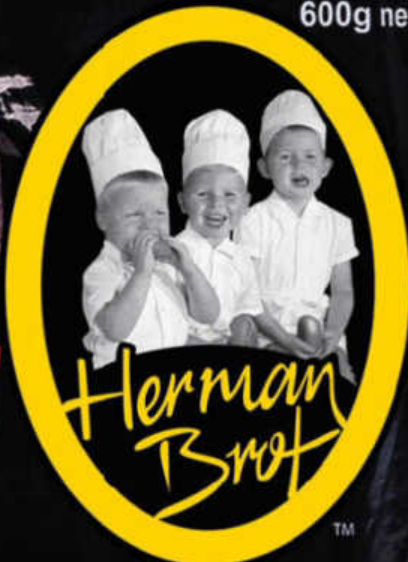
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# We've got Weight Loss Down to a Tea!

In the 12th century, the Japanese Buddhist monk Eisai wrote that "tea is the ultimate remedy and has the ability to make one's life more full and complete".

RECENTLY THE WORD 'TEA' HAS BEEN SEEN ALL OVER SOCIAL MEDIA ALONGSIDE WORDS SUCH AS SKINNY, FIT, WEIGHT LOSS, FAT-BURNING, CALORIE-BURNING AND MORE. DR NIC LUCAS IS HERE TO DISCUSS TEA AND WHY IT'S LITERALLY ON EVERYONE'S LIPS.

BY DR NIC LUCAS



**LET'S FACE IT, WHEN WE SAY 'WEIGHT LOSS' WE ACTUALLY MEAN 'FAT LOSS', AND ANYTHING THAT MIGHT HELP US ACHIEVE THIS FASTER AND WITH LESS HASSLE IS HIGH ON THE DESIRE LIST.**

Given that I am committed to losing the belly fat and reducing my body fat percentage, I decided to have a good look at tea.

***It's being called 'skinny tea' and 'fit tea' and everyone from Lady Gaga to Obama is using it.***

As much as I wanted to believe it was all true – that drinking this tea would make me lose fat – the scientist in me started to get fidgety. I wanted some proof that it actually works.

I mean, how on earth could tea, of all things, help me burn fat?

Well, it turns out that certain teas contain chemicals called 'catechins', which are four specific molecules (polyphenols) that affect fat metabolism. The most common tea variety is green tea, made from *Camellia sinensis*, and the reason it's 'green' is because of the way it's processed.

While there's a lot more to green tea than catechins, these are the compounds that help burn fat in humans. A high dose is necessary, in the realm of 400-500mg of EGCG per day, which is the most potent of the four catechins. You get these compounds when you drink green tea, and you can also get them in tablet form through green tea extract.

Let's get geeky and look at some studies and stats.

There are a few ways in which green tea might help someone burn fat. The first is through fat oxidation. A number of studies show that catechins found in green tea increase fat oxidation in both obese and trained athletes. It increases the percentage of energy coming from fat. Green tea also seems to increase insulin sensitivity, which means that glucose can enter the cells much more easily and without needing as much insulin (the opposite of insulin resistance).

So, there's some science to explain why tea might help someone burn fat, but the real question is, does

it actually work? I mean, who cares if it should work – we want to know if it does work.

As with many things in science, there are usually a few studies that show that green tea doesn't work for fat loss, and a few that show it does work. That's why you have to take a big picture look at all the science. Some studies only looked at drinking green tea while others used high-dose green tea supplements.

For practical purposes, a 200ml cup of green tea contains about 250mg of catechins and 30mg of caffeine.

**In one study over 90 days, four groups of people took small (30mg), moderate (460mg) or large (886mg) amounts of catechins. Those on the highest amounts lost, on average, 1.2kg over 90 days and had a reduction in waist circumference. In another study, it was reported that having a cup of green tea is likely to burn about 5.7g of fat.**

In all the other studies I looked at, the trend was similar. Around a 1.3kg weight loss is reported over 12 weeks, with the effects more prominent in people who are not habitual caffeine drinkers.

Now, this was interesting to me, because I am a habitual caffeine drinker. In fact, what I discovered was that the fat-burning effects of green tea catechins aren't found in people who drink caffeinated coffee.

In fact, the effects are most pronounced in those who are 'naïve to caffeine'. That's because caffeine is also a fat-burner, and since the effects of green tea are only small, you can imagine they get lost in the mix when someone is also taking caffeine.



## So, should you rush out and get on the tea bandwagon?

Drinking green tea can help burn fat – not much, but a little. This effect is seen in people who aren't already drinking caffeine or taking caffeine supplements. Like anything else, tea should be considered as part of an overall health strategy that includes a healthy diet and exercise regime.

Are there any other benefits to drinking tea? Of course!

**The benefits of tea on overall health and wellbeing extend far beyond fat-burning.**

For example, green tea has small positive effects on blood flow, cholesterol, blood

pressure, heart rate, decreased muscle soreness after exercise

and subjective reports of wellbeing. I for one can see how each

of these things support a healthy lifestyle built around a great diet and exercise routine.

So, when used as part of your daily fluid intake, green tea has many pluses and no drawbacks that I can think of. Enjoy your green tea, and try other teas that can help with digestion, sleep, and relaxation and the many other benefits that have been reported.

**Just don't expect tea to turn you into a fitness model (as some advertisements on social media may suggest).**

Tea isn't magic, but it does help a little, and I'll take that. ●



**CAUTION:** If you are considering consuming any of the tea detoxes you have seen on social media, ensure you do your research first and consult a doctor if you have any concerns. Most of the teas should *not* be consumed by people who are under 12 years old, taking contraceptive medication, pregnant or breastfeeding.



### DR NIC LUCAS

Dr Nic Lucas specialises in coaching people through mind and behaviour change. He has 20 years' experience in pain medicine, research, and

strength and conditioning. His PhD is in diagnostic medicine. Dr Lucas is the Amazon best-selling author of *Finally Free: 6 Steps to Beat Anxiety*, and has spoken about stress and positive psychology on national TV and radio. He has thousands of students from all over the world in his online training programs. He lives in Sydney and for fitness enjoys strength training and CrossFit with his wife and two kids. For more information visit [www.niclucas.com](http://www.niclucas.com)

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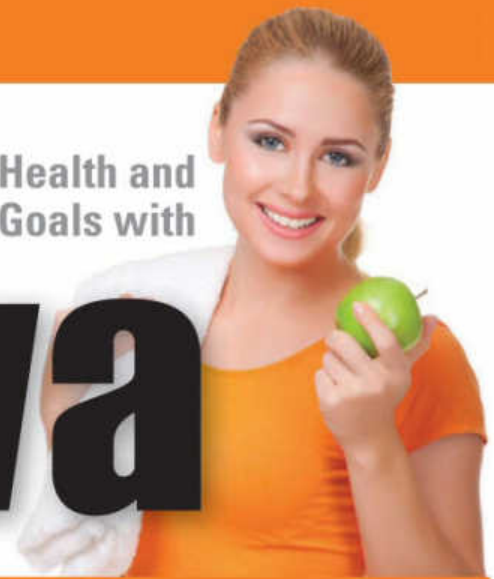
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Achieving your Health and Weight Management Goals with

# achieva



## BREAKING NEW GROUND IN WOMEN'S PROTEIN FORMULAS!

Achieva Women's Trimming and Toning Whey Protein Formula has been created over a 13 month period as a premium formula by Next Generation Supplements. Sweetened with Stevia (with less than 0.1% sucralose added for taste profile), Achieva is delicious tasting and ultra-low in fat and carbs.

It also boasts a whopping 20g+ of whey protein per 25g serving. Whey protein has been selected as the most complete protein source providing all the essential amino acids required for nutritional purposes. With its own fat burning complex, Achieva's well-rounded array of vitamins and minerals include iron, folate, calcium and many other beneficial elements.

Further benefits of this formula which set it apart from others on the market today include:

- Gluten free
- Neutralised pH levels via alkaline fortification (including pea protein, green tea and minerals)
- Added digestive enzymes for digestive ease
- Australian first with shelf stable Probiotic Ganeden **BC30**® (added to support healthy digestion and immune function as part of a healthy diet and balanced lifestyle)
- Suitable for diabetics

Achieva is available in Chocolate Cake, Vanilla Ice Cream and **new** Iced Coffee flavour. A convenient variety sample pack is also available to allow you to try a single serve of all flavours in order to determine the best tasting of the lot. You'll be sure to find your favourite!

Achieva can also be used as a meal replacement once or twice per day if desired. With less than 1g of sugar per serve it is far more suitable than meal replacements with moderate to high levels of sugar that currently exist.

Achieva works ideally in conjunction with the free meal planning and weight loss tips available on the Achieva website, however, it is also exceptionally effective on its own. Use it as a recovery aid after workouts or simply a snack between meals to increase that feeling of satiety. You will feel less hungry when your next meal is due and will therefore be less likely to over-eat or select nutritionally dense (excessively high calorie) foods or those with poor nutritional value.

Next Generation Supplements is an Australian company, well known over the past 10 years for producing high quality products with arguably the best taste profiles.

NUTRITION INFORMATION		
Flavour: Iced Coffee		
Servings per size 25g	Avg. Quantity per serve	Avg. Quantity per 100g
Energy	274kJ (65.7 cal)	1096kJ (263.5 cal)
Protein	20.7g	82.7g
Fat, Total	less than 0.1g	0.3g
Saturated	less than 0.1g	0.3g
Carbohydrate	1.2g	4.7g
Sugars	0.6g	2.3g
Lactose	0.2g	0.9g
Sodium	100mg	399mg
Dietary Fibre	less than 0.1g	0.3g
Vitamins and minerals		
Thiamin	0.1mg (12%RDH)	0.5mg
Riboflavin	0.3mg (13%RDH)	0.8mg
Niacin	2.1mg (21%RDH)	8.5mg
Folate	53.5µg (12%RDH)	214µg
Vitamin C	9.3mg (12%RDH)	36.9mg
Vitamin E	2.3µg (21%RDH)	8.9µg
Vitamin D	1.7mg (17%RDH)	6.8mg
Vitamin B6	0.3mg (12%RDH)	1.1mg
Vitamin B12	0.3µg (12%RDH)	1.1µg
Vitamin A	140µg (18%RDH)	570µg
Potassium	198mg	791mg
Magnesium	143mg (14%RDH)	561mg
Calcium	97.4mg (12%RDH)	389mg
Iron	9.7mg (22%RDH)	11.8mg
Zinc	3.5mg (21%RDH)	9.9mg
Iodine	21.3µg (21%RDH)	139µg
Fat burning complex:		
Green Tea	25mg	100mg
L-Carnitine	40mg	160mg
Contribution of whey protein amino acids to:		
Lysine	1840mg	7360mg
Alanine	1000mg	4000mg
Glutamic Acid	3443mg	13772mg
Glycine	318mg	1272mg
Histidine	230mg	920mg
Isoleucine	1200mg	4800mg
Leucine	2110mg	8440mg
Methionine	406mg	1624mg
Phenylalanine	614mg	2456mg
Proline	1370mg	5480mg
Cysteine	500mg	2000mg
Tryptophan	250mg	1000mg
Valine	1170mg	4680mg
Tyrosine	636mg	2544mg
Arginine	400mg	1600mg
Threonine	1380mg	5520mg
Serine	951mg	3804mg
Aspartic Acid	2080mg	8320mg

All values are considered averages unless otherwise indicated.



For more information, tips and assistance with your health, well-being and weight management journey go to [www.achievalifestyle.com](http://www.achievalifestyle.com) or contact Next Generation Supplements directly on Freecall 1800 288 019. Achieva is available at Priceline and Priceline Pharmacies Australia wide, and select health food stores.

# IT'S ALL ABOUT ME

BY GREG DOLMAN

DO YOU PUT YOURSELF FIRST OR IS IT THE LAST THING YOU WOULD CONSIDER DOING? YOUR ANSWER TO THAT QUESTION COULD BE PLAYING A LARGE PART IN YOUR INABILITY TO RELEASE FAT.

PHOTO CREDITS: SHUTTERSTOCK.COM



**H**ow often do you say to yourself 'it's all about me'? From my experience, there are three different answers to this question: quite frequently, sometimes or never.

If you are working out often and eating right and feel your fat is not releasing fast enough, there may be a chance you are holding on to your body fat for emotional reasons. One of these reasons could very well be not putting yourself first.

You may have noticed that I didn't say 'fat loss' and instead used the term 'releasing fat'. This is because when we lose something, we generally wish to find it again. However, I don't think there are too many of us out there who wish to find fat again once it's lost!

I am blessed to have a job that allows me to give clarity to people every day. I assist them

with personal challenges they are facing that may be affecting them on many different levels.

'Fat loss' is a request that almost every fitness professional is asked about. However, there are other angles that should be looked at for reasons why we may not be releasing the amount of fat we wish.

The most common characteristic I find is that a lot of our personal troubles come from either how we think of ourselves or our concern about what others think of us.

The way in which we handle these personal troubles differs between people. Coming back to the title of 'it's all about me', people tend to fall into one of the following categories when it comes to putting themselves first.

They put themselves first:

1. a lot,
2. sometimes, or
3. rarely.

## Group 1 (G1)

These are great people to be and/or have around; they put themselves first and are generally the type of people whose issues are more confined to their minds. Having very firm boundaries set for others is a common trait. G1 people are not too concerned with how others think of them, because 'it's all about me'. The type of people G1s hang around accept the G1 for who they are. I know many who have the attitude of 'if you don't like the way I am, then see ya later!'

G1s don't have any 'deadwood' (negative people) around them as they can't stand people who are not supportive and positive. G1 people tend to be very internal with their thought processes and can be very analytical. These people may have a tendency to be control freaks and have to have some form of control in their life. Being out of control is not a regular gig.

The downside of the G1 persona is that all the energy confined in their heads generally leads to a process of an energetic imbalance, which can literally cause a headache or regular headaches. Some G1s experience this more than others. This process is called a lack of grounding. Experiencing grounding is acknowledging how the earth feels on our bare feet, whether it be water, soil, sand or grass. The positive side to grounding is that it keeps our mind in the moment, which is a far different place to where G1 people generally reside – either in the past or in the future.

G1s also tend to always keep themselves physically busy, which in turn keeps their minds on things that may stop them realising their own insecurities. Stopping doing things means being quiet, and being quiet means the head noise begins in the form of either past or future thoughts.

You know where you stand with a G1 person, as they are usually very honest and trustworthy.

## Group 2 (G2)

These people have traits of a G1 personality, however they spend a large portion of their time hovering between putting themselves first and wondering how others may think of them. The thought of how another may think of a G2 is what causes them the most grief. This process alone is proof that this type of person will be quite busy in their head, similar to the G1 person.

Nothing upsets a G2 more than the thought that someone doesn't like them. 'What have I done to make them think like that?' is a fairly regular question a G2 will ask themselves.

A G2 generally unconsciously doesn't set certain personal boundaries for others. Because of this, they will feel used by some people, but not by others. There are many different personal reasons for why this happens for each individual. If they lack respect for themselves, then this lack of respect by others is just a mirror reflected for others to learn from.

A G2 is, at times, guilty of not putting themselves first purely due to the fact their thoughts are far more focused on how others portray them. Their effort to please others, no matter how uncomfortable it makes them, is the utmost priority. It's in these efforts of pleasing others that they totally forget about themselves.

G2 people are good to be around; however, from time to time they may need some reinforcing of the 'three selfs': self-respect, self-confidence, and self-worth!

*"G1s also tend to always keep themselves physically busy, which in turn keeps their minds on things that may stop them realising their own insecurities."*



## Group 3 (G3)

These people are usually really nice and are good to have around, especially if you are the type of person who a G3 feels they need to please. This niceness is usually taken for granted and taken advantage of. Unfortunately for G3s, they can get used and abused by others who are not respectful about abusing another person's boundaries. If we don't have personal boundaries, subconsciously we feel that we are being attacked. Body fat is a layer of protection that assists us to take the (emotional)

external blows from others. The more we feel we are being attacked, the more layers of protection we need.

*The fact that a G3 person does not put themselves first is certainly going to be mirrored by someone who will not have a G3's regards as a priority.*

Like G2, G3 is quite prepared to put another person's needs/wants before their own. No matter how uncomfortable a G3 will be, putting another person's needs/wants before

their own is a more important priority.

There is certainly nothing wrong with wanting to please another person; however, we don't need to please everyone who comes into our world. The main drivers behind the pleasing of others is the lack of the 'three selfs' mentioned above.

A G3 is, at times, aware they are being taken advantage of, but they don't know how to stop the 'merry-go-round'. They are aware that the nastiness of others is frequent, but understanding why it is

happening over and over again will cause a G3 a 'headache'.

Having a lot of 'deadwood' around is certainly a negative trait of a G3. This deadwood usually comes in the form of negative people who are, for the most part, (subconsciously) constantly putting down what a G3 may do, wants to do, or is doing.

Just like both G1 and G2, G3 has quite a bit of mind noise going on. This mind noise is largely spent worrying about others, more than the self.



“Start putting yourself first, more often and take time out to **just be.**”



PHOTO CREDITS: SHUTTERSTOCK.COM

## We're all human 'beings'

That being said, we all have some sort of mind noise going through our heads at any given time. Some of us are aware of this and then do what's necessary for the noise to lessen.

We are human 'beings', not human 'doings'. So we need to have times when we just 'be'. Unfortunately, a lot of us tend to keep 'doing' in order to keep ourselves (and our minds) busy. I touched on this in my G1 example.

Please note that the mentioned examples of the three types are simplified and they are all (from my experience) a brief breakdown of what is sometimes a very complex situation, not only for the individual, but also for the associating individuals.

If you feel some resonance with my three types, then here is a short list of things to consider that may assist with the fixing process:

1. Start putting yourself first, more often.
2. Don't worry about offending others, especially if you're putting you first.
3. Set personal boundaries – and stick with them.
4. Keep your head in the moment, not the past or future.
5. Focus on grounding more often.
6. Take time out to just be.
7. And, remember, you can't please everyone.

Above all, if you feel you do have a weakness with any of the 'three selfs', then more than likely this 'lack of' will overlap the remaining selfs at some point and this can have implications on your emotional balance. Your emotional balance can affect fat release or fat retention, so if you're working hard and not seeing results start by putting some of my seven suggestions into practice and you will begin to reap the benefits. ○



### GREG DOLMAN

Greg Dolman developed an interest in sport from an early age. It was his involvement in rowing that led him to the gym, where he discovered his passion for lifting weights. After other gym members began to notice Greg and approach him to ask for assistance, he found the bodybuilding scene and began coaching his mates through the gym-to-stage process. Greg's interest in the working of the human body soon turned towards the effects emotions have on the different levels of the body's energy systems, and he undertook studies in kinesiology and healing modalities to expand his knowledge in these fields. Having gained first hand-experience by working through his own emotional and physical challenges, Greg now assists his clients in overcoming their own challenges by understanding the body/mind connection.

# Get a green boost

Feel full and get energised by combining chia and prebiotic greens in a great-tasting smoothie. **By Erin Macdonald, RDN, and Tiffani Bachus, RDN**



## GREEN GOODNESS SHAKE

Makes 1 serving

- 2 cups baby spinach
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 3 rounded tablespoons Amazonia Raw fermented paleo protein
- ½ tablespoon chia seed
- 1-2 heaped teaspoons Amazonia Raw prebiotic greens

Place all ingredients in a blender and blend until smooth. Add ice, if necessary.

### Nutrition facts (per serving):

calories 292, total fat 7 g, protein 24 g, carbs 35 g, fibre 8 g



### » Chia satisfaction:

Chia helps keep you full for hours because of the slow-digesting gel that it forms in your stomach, and it's also a good source of anti-inflammatory omega-3 fatty acids.

### » Spinach energy:

Spinach is an excellent source of iron, a component of hemoglobin, which carries oxygen to all cells in the body and increases energy levels.

### » Banana benefits:

Bananas are one of the best sources of potassium, a mineral that's lost in sweat.

### » Green goodness:

Amazonia Raw prebiotic greens combines nutrient-dense sprouts, leaves, juices, grasses, algae, herbs and natural sea mineral to support your vitamin, mineral and phytonutrient intake so that you feel clean and energised everyday.

### » Pure protein:

Amazonia Raw fermented paleo protein provides high levels of amino acids essential for muscle development and body functioning in a wholefood form.



### *This recipe is brought to you by Amazonia:*

Amazonia provides whole, live nutrition in a form that the body knows and utilises. They deliver nothing but the best nutrition which helps people to be happier, healthier, bright-eyed, energetic and full of life.

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# Switch to the healthier Whey

**Amazonia Raw prebiotic grass-fed WPI** is revolutionising the dairy-based protein market by offering completely natural whey protein isolate in a formula designed for optimal digestion. Our whey is sourced from New Zealand grass-fed cows who graze year round on fresh pasture that is GMO free.

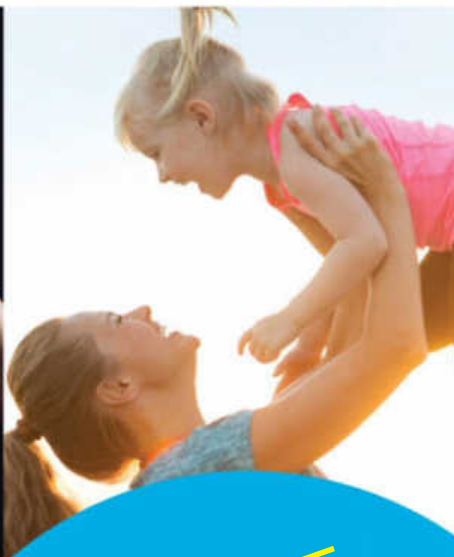
This premium whey protein is processed through microfiltration and ultrafiltration to ensure the purest end result. **Amazonia Raw prebiotic grass-fed WPI** combines the benefits of sprouted and fermented pea fibre into the blend for superior digestive support. Prebiotics promote beneficial bacteria in the stomach and assist the body in digesting the overall protein associated with traditional whey protein supplements. This reduces the potential for bloating, inflammation and other intolerance's commonly associated with traditional whey protein.

**Available in**  
Cacao & Coconut  
Vanilla & Almond  
450g and 900g



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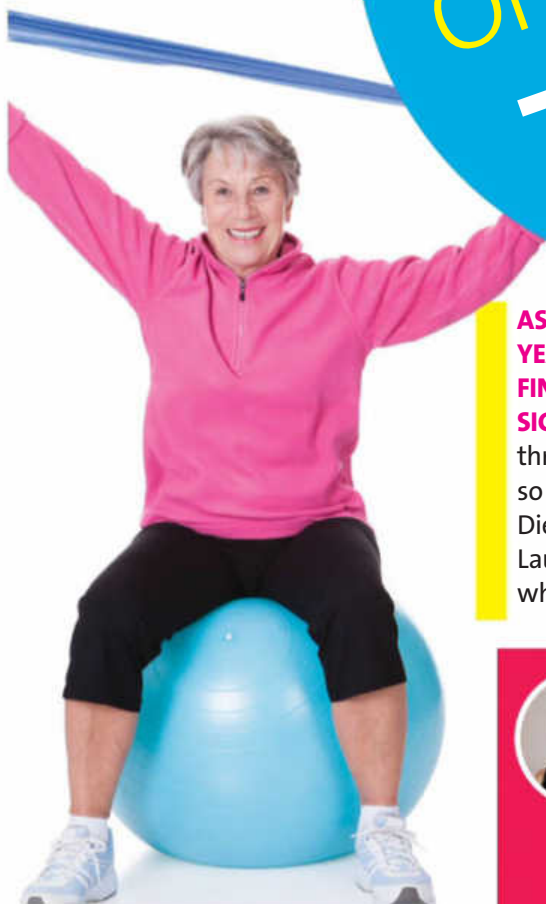


GET THE  
MOST OUT  
OF EVERY DAY  
— AT EVERY  
AGE!

BY LAUREN MCGUCKIN

**AS YOU MOVE THROUGH YOUR TERRIFIC TWENTIES, ON TO THE MAGICAL YEARS OF MOTHERHOOD, THEN INTO MANAGING MENOPAUSE AND FINALLY REACH THE TWILIGHT ZONE, YOUR BODY WILL CHANGE SIGNIFICANTLY.**

The types and amounts of nutrients we require fluctuate throughout our lifetime, so it is important that our eating habits change too so we can feel fabulous, vibrant and alive at every age! Accredited Practising Dietitian and spokesperson for the Dietitians Association of Australia Lauren McGuckin shines a light on these important nutrients and explains why they are necessary to ensure you are getting the most out of your diet.



**LAUREN MCGUCKIN**

Lauren McGuckin is an Accredited Practising Dietitian and diabetes educator with a passion for all things food and nutrition. With experience in many fields, including bariatrics, food service, private practice and diabetes management, Lauren has

always maintained a love of working alongside her clients to ensure they develop healthy eating habits that are true to their individual needs and lifestyles. She enjoys delivering practical advice and promoting 'nutrition for the everyday man'. Lauren believes while food and eating is one of life's necessities, the key to building sustainable healthy habits is to enjoy the ride!



**“**Your twenties really are ‘prime time’ to develop healthy habits that will see you lead a full and healthy life for many years to come.**”**

## Terrific Twenties

Partying from knock-off time on Friday until the bar closes on Sunday evening, then working through the week only to do it all again next weekend? Good times! However, your twenties really are ‘prime time’ to develop healthy habits that will see you lead a full and healthy life for many years to come.

It’s all about balance. Aim to apply the 80/20 rule: if you participate in regular physical activity, treating yourself to a small serving of something that you absolutely love, which is otherwise not nutritionally necessary, is one of life’s great pleasures. However, ensure that the rest of your day is filled with plenty of fresh vegetables, two servings of fruit, wholegrain

bread and cereals, lean meat, dairy and small amounts of healthy fats, such as olive oil.

Aim to fill half of your plate with colourful vegetables. Remember that protein keeps you full, so have a serving with each meal and choose quality over quantity when it comes to grains; high-fibre, whole grains are the best choice. Try to snack on fruit and dairy products between meals too.

Be sure to drink smart as well. The current Australian guidelines for safe consumption of alcohol are no more than two standard drinks on any day and at least two alcohol-free days a week. A standard drink is equivalent to 100ml of wine or a 30ml nip of spirits.

## Magical Motherhood

Despite the epic feat of growing a little human inside of you, 'eating for two' during pregnancy is somewhat of a myth. Focusing on increasing nutrient intake, rather than kilojoules, is the key to a healthy pregnancy and will limit unintentional weight gain and give bubs the best possible start.

Expectant mothers only require an additional 1400 to 1900 kilojoules a day, equivalent to a glass of full-cream milk or a sandwich. However, there are a few key nutrient requirements that must be met during this time.

Folate is very important as it protects your baby against neural tube defects such as spina bifida. The recommended intake for women trying to conceive is 400ug a day, which increases to 600ug a day if you are pregnant. Generally a folate supplement is prescribed, but foods such as green leafy

vegetables, fruits and legumes are great sources of folate.

Iron is another important nutrient; this assists oxygen transportation in the body. Good sources of iron include lean red meat, green leafy vegetables, nuts and seeds. Increasing your vitamin C intake can also help with iron absorption.

For normal growth and development of your baby, iodine is important. An iodine supplement is usually prescribed to pregnant women, as food sources such as seafood, fortified breads and cereals and iodised salt do not provide enough iodine.

Maintaining a healthy diet beyond the birthing suite is also essential, as it will give you the energy to be the best mum you can be, and your dietary choices will rub off on your little ones as they grow. To save time, try cooking meals in bulk and putting them in the freezer for the super-busy days, keeping frozen vegetables on hand and adding them to any meal for a quick, nutritious boost, and planning your meals for the week in advance so you're never at a loss for what to make at the end of another long day.

**“Focusing on increasing nutrient intake, rather than kilojoules, is the key to a healthy pregnancy.”**





## Managing Menopause

Changes in hormone levels during menopause mean that bone health becomes a priority during this life stage. The Australian Dietary Guidelines recommend that women aged 60 years and over bump up their calcium-rich dairy serves from 2.5 to 4 per day. Choose from these calcium-rich sources, which are equal to a serve of dairy: 200g of yoghurt, 1 cup (250ml) of milk or two slices of cheese. Tinned salmon with bones, almonds and broccoli are also good sources of calcium. Your doctor may also prescribe a calcium supplement with or without added vitamin D to assist you in achieving the recommended daily intake (RDI) of 1200ug of calcium. Weight-bearing

exercises such as walking or weight training also help to strengthen bones in addition to maintaining a healthy body weight.

An increase in abdominal or visceral fat is also common in post-menopausal women, due to the decline in oestrogen levels. High levels of visceral fat are linked to high blood pressure, heart disease and diabetes. Partaking in at least 30 minutes of daily 'huff and puff' exercise is a fantastic way to maintain a healthy waistline. It's important to note that there is no magic bullet for managing the symptoms of menopause, however, maintaining a healthy lifestyle can sure make the journey a lot smoother.



**“ No matter what stage of life you're in, maintaining a healthy, balanced diet and an active lifestyle can help you get the most out of every day. ”**



## 'The Twilight Zone'

As we get older and become less active, we require less kilojoules or energy and other nutrients become more crucial, such as calcium to maintain our bone strength and protein, as ageing muscles take more effort to maintain.

Dairy foods such as cheese, milk and yoghurt give us both calcium and protein, so including four servings of these each day is fantastic for bone and muscle health. Aim to add a protein element to each meal, for example: eggs on toast for breakfast, lean chicken, cheese and salad on wholegrain bread for lunch, and a lean piece of beef and plenty of vegetables or salad for dinner.

High-fibre wholegrain breads and cereals are fantastic for bowel health, another important consideration in our twilight years. In addition, two

servings of fruit and five servings of vegetables each day will give you a massive nutrient boost as well as plenty of fibre.

In addition to what you eat, getting active as often as you can and catching a few rays of sunshine each day will help to strengthen your muscles and bones through movement, and our glorious Australian sun will provide you with vitamin D.

No matter what stage of life you're in, maintaining a healthy, balanced diet and an active lifestyle can help you get the most out of every day. For individual dietary advice, contact an Accredited Practising Dietitian (APD). Visit the 'Find an APD' section of the Dietitians Association of Australia website at [www.daa.asn.au](http://www.daa.asn.au) to find an APD in your area. ●

# ‘MIND THE JUNK!’:

— The science behind junk food —

## *Part Two: Junk food and behaviour*

IN THIS THREE-PART SERIES, SUSAN ‘SUZ’ BAXTER DISCUSSES THE EFFECT ‘JUNK FOOD’ HAS ON YOUR BRAIN AND BEHAVIOUR AND WHY JUNK FOOD ADDICTION IS A REAL PROBLEM (I.E. NOT JUST IN YOUR HEAD).



PHOTOCREDIT:SHUTTERSTOCK.COM



## WHY DO PEOPLE EAT JUNK FOOD?

If you ask why someone might choose to eat junk food, the reasons tend to be convenience, taste, value for money and nutritional content. Studies have been undertaken surrounding this topic and they seem to agree with the general reasoning.

To predict the type and quantity of junk food, the

following factors have been found to affect choice: the importance placed on weight or weight loss, cost, convenience and perceived nutrition. Studies have found other factors are the level of nutritional content and value for money.

It has also been shown that there is an association between gender and age and the choice of junk food. The older the people in the survey, the more

weight-conscious they were; therefore, they placed more 'value' on nutrition in food. Females were more likely to eat junk food, as were younger people. Respondents in the survey also revealed that taste was their biggest decision-making factor, which explains their choice of sweet foods.

Regardless of the reasons that people give for their junk food consumption and the hardwiring

in our brains that causes us to enjoy junk food (as discussed in part 1, issue No.78 of *Oxygen Magazine Australia*), there is still an element of choice despite these behaviours and junk food addictions.

There are psychological factors that can come into play when people choose junk food: variety, habit, value expectancy theory, reward, stress, marketing, and scaremongering.

## HABITUAL/ UNCONSCIOUS EATING

Often people eat on 'autopilot'; we do not pay conscious attention to the task. Eating becomes an adaptive learnt process that the brain uses to allow for more processing at once. An example of this is when we learn to drive a car. When we commence learning to drive, there are so many things we learn to pay attention to. However, over time, the attention can be reduced to the point of 'autopilot', and we can often drive home from work, for example, and not remember any aspects of the drive.

This relates to many processes surrounding food, such as when you are making a birthday cake for a friend or family member. Many of us would have our finger in the mixture and then that finger in our mouth to taste the batter, without even thinking twice. Our bodies simply respond in this 'autopilot' way as we learn habits throughout our lives, like when we tasted cake batter as a child.



## VARIETY

One of the simplest ways to increase consumption and overeating (of any food) is variety. This might be why you find many junk foods come in every colour under the rainbow or they are all different shapes and sizes if they cannot be different colours (such as chocolate). Studies have shown that decreasing the variety of food on a person's plate, as well as reducing the variety of colours, decreases their consumption at a sitting. ▶



## VALUE EXPECTANCY THEORY

Value expectancy theory explains why fast food chains are popular. Although many chains do not produce or make the best coffee or burger, they make consistent coffees and burgers. The standard is always the same. When you go to a local barista or burger joint, it might depend who is on and what their opinion is of a macchiato or a 'healthy dollop of avocado' on a burger. Despite the fact that it could end up as the best coffee or burger you have ever had, it could also turn out to be the worst. Value expectancy theory explains that people like junk food because it is consistently consistent; you get exactly the same each time and the brain prefers this.

## REWARD

On 'special' occasions, our parents might have allowed us to have a 'treat' for good behaviour when we were younger. Therefore, our

brain is trained to see food as an acceptable reward. This intrinsic motivation for an unhealthy, extrinsic reward means that we are almost setting ourselves up to fail. We are perpetuating the association between rewards and junk food.

## STRESS

One further problem in our high-paced lives is stress. Stress causes the release of a hormone named 'cortisol', which is responsible for affecting appetite. Cortisol is an adaptive hormone – one that is supposed to respond to acute stress. It is the hormone that in prehistoric times would have helped us survive a lion attack. Acute stress, such as a lion threat, is different to modern life stress; today we are at the mercy of chronic stress. Chronic stress still increases appetite; however, the problem is that we are not often fleeing from a lion to burn the excess calories we consume!

Daily chronic stress also affects sleep, which in turn releases the ghrelin hormone – one that will also make us hungry.

***"Past research has shown that an excess of up to 500 calories can be consumed on average by people who are sleep-deprived."***

## MARKETING

During the 1890s, Russian physiologist Ivan Pavlov was looking at salivation in dogs in response to being fed. He noticed that his dogs would begin to salivate whenever he entered the room, even when he was not bringing them food. Since he was the one who brought the food, the dogs' brains had paired the sight of him with the idea of being fed.

So what does this have to do with junk food? Marketers know that they can use stimuli such as their branding to elicit salivation or feeding behaviours.



PHOTO CREDIT: SHUTTERSTOCK.COM



## TIPS TO CHANGE YOUR 'JUNK FOOD' BEHAVIOUR

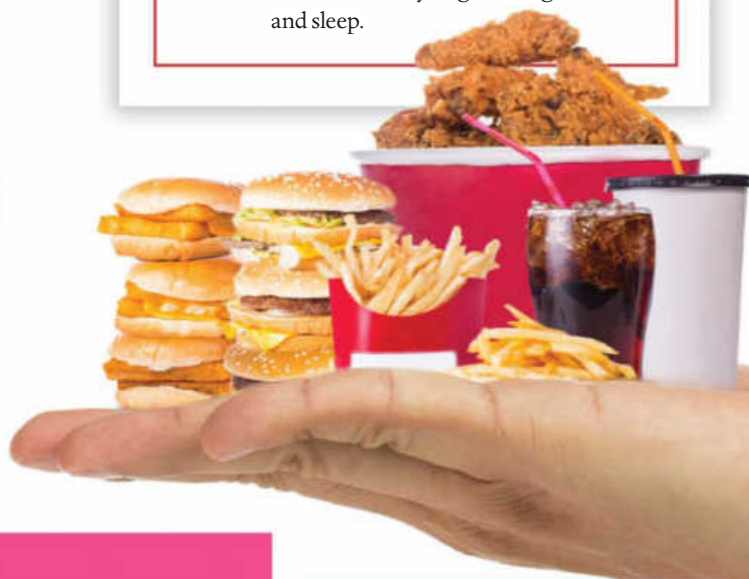
They know that when people are presented with marketing stimuli and know of the taste, they can imagine what the outcome will be when they devour such an item.

Marketing is also used to inform people that food is good for them, whether it is in reality or not. Using the terms 'low fat', 'low sugar' or 'a rich source of antioxidants' on products has been found to increase consumption of these products by 50 per cent. This increase is said to be the result of people believing that these products are 'good for them'. They therefore think that they should, or are allowed to, eat more. People consume more calories with foods labelled 'low fat', for example, than they would do if they were to choose the regular fat content versions.

### SCAREMONGERING

People might want to change to a healthier lifestyle, but change is difficult. This difficulty is made more complex by the debilitating effect of hearing messages in the media such as 'fruit causes belly fat'. These mixed health messages can reduce motivation for even the most dedicated individuals. These are perpetuated in the media, and while they might have originated from good intentions, they serve the opposite purpose and make people too scared to change habits.

- 1. Reduce colour variety to reduce tendency to overeat.** If you are eating healthy foods, however, increase the variety of vegetables and colours to increase consumption.
- 2. Pay attention when you are eating.** Enjoy your food without switching on 'autopilot' to take you through to the last bite.
- 3. Get creative in the kitchen** to reduce the effects of opting for a chain restaurant fast food 'quick fix'. This way, the effect of preparing food can satisfy your hunger.
- 4. Incorporate alternative ways to de-stress that don't involve food,** and make sure you get enough rest and sleep.



### ABOUT THE AUTHOR

Dr Susan 'Suz' Baxter is a passionate and enthusiastic, award winning NZ fitness instructor and International Shape competitor. She is an Optimum Nutrition athlete with over nine years of teaching experience. She has recently submitted a PhD in health science, and has a strong commitment to research driven results for overcoming barriers to exercise and enhancing and facilitating evidence based practice. Check out her 'Suz Baxter' Athlete page on Facebook for more fit tips and information.

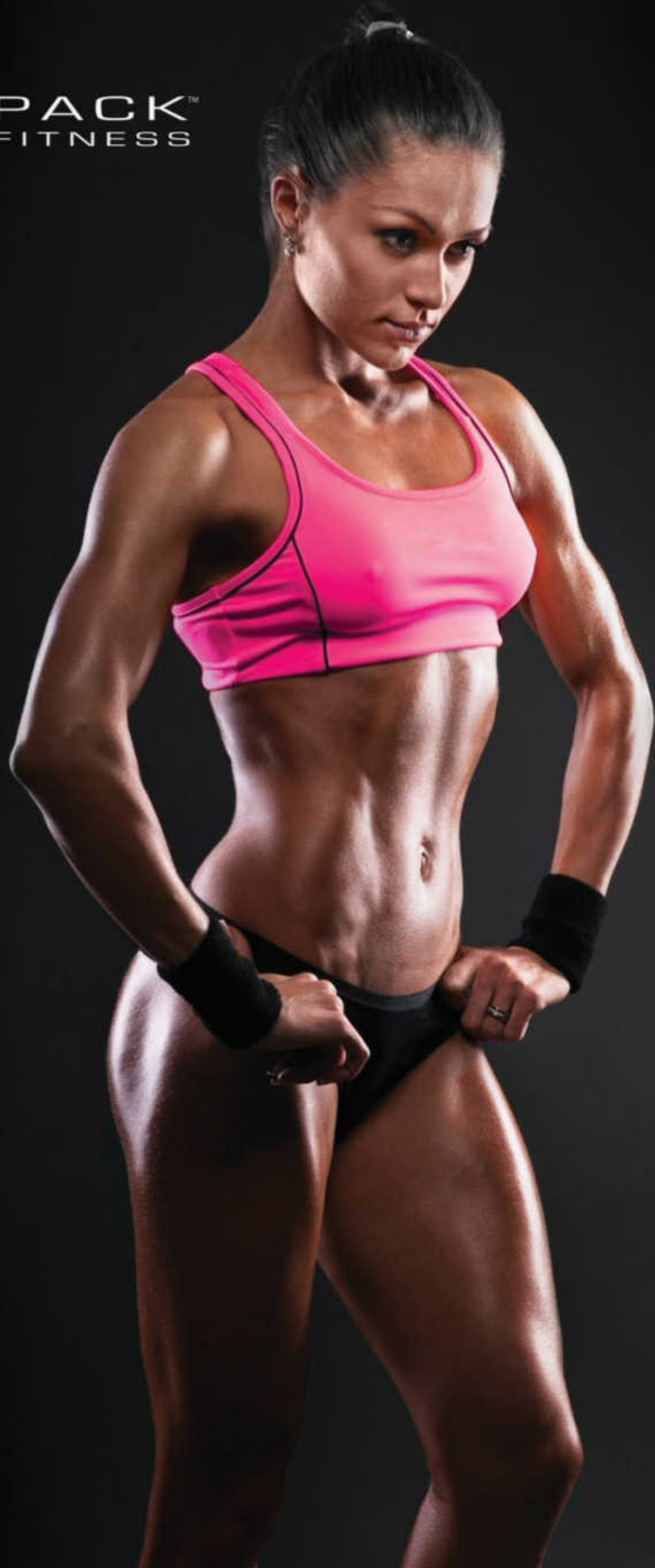
**STAY TUNED NEXT ISSUE FOR PART THREE OF THE SERIES,** which will finalise why junk food addiction is a real problem.

### References

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# When having a **Rest Day** becomes Impossible

WHAT TO DO WHEN YOU SIMPLY CAN'T STOP YOURSELF FROM HEADING TO THE GYM ON YOUR DESIGNATED REST DAY.

BY JOANNE CUGNET



PHOTO CREDIT: SHUTTERSTOCK.COM



#### ABOUT JOANNE PRIOR

Joanne is a weight loss specialist who can help you truly understand how to think and how to eat in order to achieve the greatest weight loss you're capable of. Find out more or contact Joanne via [www.joanneprior.com](http://www.joanneprior.com)



**TODAY YOU'VE PLANNED TO HAVE A REST DAY. EVEN THOUGH YOU'VE BEEN TRAINING HARD ALL WEEK AND YOUR BODY IS STARTING TO FEEL FATIGUED, YOU CAN'T SEEM TO STOP YOURSELF FROM PACKING YOUR GYM BAG AND HEADING TO THE GYM.**

You know this is not healthy, as over-training can lead to injury, but you just can't stop yourself. Even when you come out of the gym feeling more exhausted than ever, you still go back for more. Your body is crying out for you to ease off. But you just can't. You feel stuck and you don't know what to do.

For a smart, savvy and healthy Oxygirl, it simply doesn't make sense.

### ***You know rest is important, so why do you still have a burning impulse to skip 'rest day'?***

One of the reasons could be that exercise has become your top coping strategy. Sometimes life can throw you challenges that you never thought you would have to face: relationship breakups or breakdowns, job losses, financial worries, sick children and so on. Added to your standard daily stressors, such

as getting to work on time, getting the kids to school, meeting deadlines and making sure you get some special time with those nearest and dearest to you, these challenges can create extra stress and anxiety and leave you feeling overwrought and overwhelmed.

Exercise is known to make you feel good; when you are working out hard, the endorphins flow and by the end of your workout you feel uplifted and fulfilled. Therefore, exercise helps you to manage your emotions and lift your mood.

But what happens when times get super challenging and stress and anxiety become too much to bear; what do you do to cope with these feelings?

In the past, exercise has been the key to relieve your stress and anxiety successfully, so why not exercise some more to deal with the increase in the powerful emotions you are feeling? You always feel better after training, don't you?

With this logic in your mind, you head to the gym again and again and again. You start

to notice that you no longer feel so good after you train, in fact, you are losing that exercise 'high' after each workout. Exercise is supposed to make you feel better, so why is it not working?

The answer is that your body is starting to burn out. Your adrenal glands, which release the 'motivating' hormone adrenaline, are fatiguing. Your muscles are not getting the chance to recover between workouts; the muscle tissue that has been broken down to be rebuilt isn't getting the chance to be rebuilt. What you start to notice is that your body does not look any better, despite the increase in training. In fact, you might look less toned and defined. You start to notice niggles and pains in your muscles and/or joints, and this, Oxygirls, could indicate a potential injury occurring – yikes!

To prevent all of that from happening, it's important to realise there are alternative methods of coping with stress and anxiety that could be just as successful as exercise.

Once you take the pressure off exercise as a coping mechanism, you allow it to return to what it once was – a healthy and enjoyable part of your day.

## ***Five steps to a healthy and smart coping program***

**STEP 1:** Be willing to admit that your exercise has gotten out of control; it's time to take action and get back on to a healthier path mentally, emotionally and physically.

**STEP 2:** Be willing to accept that often the overwhelming feelings of stress and anxiety drive you to exercise, even when you know it's not healthy to do so.

**STEP 3:** Be willing to step back for a moment and ask yourself, 'what is a healthier method of coping for me that will reduce my stress and anxiety and take the pressure off my training?'

**STEP 4:** Be open to the answers to this question arriving in unusual and unexpected ways. It could be a comment made in passing by a friend or you may be reading a magazine (such as *Oxygen*) and a paragraph 'jumps out' at you and you think 'that's the coping strategy I need to adopt'.

**STEP 5:** Be open to seeking some help. If you are feeling stuck and uncertain with what methods might be best for you, visit a GP you connect well with and trust. Discuss with them how you have been feeling and what has been happening with your overtraining. The GP has the power to refer you to a health professional, such as a psychologist, who can help you find ways to cope that don't run your body into the ground.

You don't need to remain stuck in your overtraining loop. Once you learn ways to cope that work for your body, not against it, you will feel better mentally and emotionally. Physically, you will recover and your muscle tone and shape will return. Plus, the risk of injury will evaporate. Health, relaxation and happiness in training and in life can be a reality for you. ●

# Build a better burger

BY LINDA MELONE, CSCS | PHOTOGRAPHY BY CORY SORENSEN

**F**ast-food restaurants have given hamburgers an undeserved bad reputation as a “junk food” to avoid, especially when you’re trying to lean out and build muscle. But if you skip the special sauces and cook your own using lean meat, adding a burger or two to your meal plan fits perfectly into an active woman’s nutrition program.

“People think of beef as being very high in fat, but in reality, an 85-gram portion (about the size of a deck of cards) provides 150 calories and about four to five grams of fat, just a few more than the same amount of skinless chicken,” says sports dietitian Amy Goodson, MS, CSCS. “The key lies in choosing a lean cut and watching your serving size.”

## What’s your beef?

Although some cuts of beef are higher in fat than others, it’s not difficult to pick a low-fat option, Goodson says. The leanest choices include top round, bottom round, sirloin and tenderloin. When choosing ground beef for burgers, Goodson recommends lean beef containing less than seven grams of fat per 85-gram serving. “You can find leaner cuts, however. Ground beef with a little fat helps hold the burger patty together better and provides a richer flavour,” Goodson says.

Burgers can actually be a very nutrient-rich meal choice based on what you add for a topping and your choice of bun. “Choosing a 100 per cent whole-grain bun, bagel thin or even wrapping it in lettuce leaves provides a few healthy options,” Goodson says. “Use mustard and hold the mayo to cut back on calories and saturated fat. Get creative and mash up avocado and use that as a spread for a healthy fat and flavour.”

Topping your burgers with dark green lettuce and bright red tomato is always a good option, Goodson says, “but try adding grilled mushrooms and onions or even other colourful grilled veggies for a nutritional hit.”

In many ways, beef is actually a calorie saver, says Shelley Johnson, RD, and director of Nutrition Outreach at the National Cattlemen’s Beef Association. “Beef supplies significantly fewer calories and more nutrients — and at 25 to 30 grams of protein [per serving].”

**note:** To avoid foodborne illness, ground meat should be cooked to a minimal internal temperature of 71°C.



# ASIAN **BURGERS**

**MAKES 4 SERVINGS**

**Ingredients:**

140 grams lean ground beef  
 ¼ cup whole-wheat breadcrumbs  
 ¼ cup finely chopped water chestnuts  
 1 tablespoon hoisin sauce  
 1 teaspoon low-salt soy sauce  
 2 shallots, finely chopped  
 ½ tablespoon fresh minced ginger

**Sesame sauce:**

1 tablespoon low-fat mayo  
 3 tablespoons plain, low-fat Greek

yoghurt  
 1 teaspoon reduced-salt soy sauce  
 ½ teaspoon sesame oil  
 4 whole-wheat burger buns or 4 large lettuce leaves, to assemble

**Directions:**

**1.** In a large mixing bowl, combine beef, breadcrumbs, water chestnuts, hoisin sauce, soy sauce, shallots and ginger. Portion into four burgers.  
**2.** Grill or cook in a pan over medium heat until centre registers 71°C in the centre.

**3.** Prepare the sesame sauce by whisking all ingredients together in small bowl.

**4.** Serve burgers with a dollop of sesame sauce on a whole-wheat bun or wrapped in lettuce.

**Nutrition facts (per serving):** calories 357, total fat 13 g, saturated fat 4 g, trans fat 0 g, salt 393 mg, carbs 32 g, fibre 5 g, sugar 5 g, protein 30 g, iron 3 mg

**TOSS 'EM ON:** Pile on guilt-free toppings. (See Page 94 for some ideas.)



**MAKE IT BETTER:** Substitute a lettuce wrap for the bun to reduce carbs.

**SMART CHOICE:** Whether you choose ground beef or turkey, make sure to choose the leaner cut.



**NUTRIENT-RICH:**  
Beef provides 10 essential nutrients, including vitamin B12, vitamin B6, iron and zinc.

**LOVE CHEESE?**  
Choose low-fat shredded cheddar to cut back on your saturated fat intake.

“

ACTIVE WOMEN IN PARTICULAR NEED IRON FOR ITS ROLE IN MANUFACTURING HEMOGLOBIN, WHICH CARRIES OXYGEN FROM THE LUNGS TO THE TISSUES.

”

**CHOOSE WISELY:**  
Make sure to buy buns that are 100 per cent whole grain.



## CHEESE & SPINACH STUFFED ★ BURGERS

**MAKES 3 SERVINGS**

**Ingredients:**

Non-stick cooking spray  
½ cup shredded low-fat cheddar cheese  
½ cup chopped fresh spinach  
450 grams lean ground beef  
2 tablespoons Worcestershire sauce  
1 teaspoon paprika  
Dash freshly ground black pepper  
3 whole-wheat burger buns

**Directions:**

1. Spray a large pan with non-stick spray and set aside.
2. Combine the cheese and spinach in a small bowl and set aside.
3. In a medium bowl, mix all remaining ingredients together and form into six thin patties.
4. Mound a heaping tablespoon of the cheese mixture in the centre of three of the patties and top each with a plain

patty and crimp the edges closed.

5. Over medium heat, add burger and cook — without pressing them down as they cook — about seven minutes per side. Serve open-faced on a whole-wheat bun.

**Nutrition facts (per serving):** calories 464, total fat 20 g, saturated fat 7 g, trans fat 0 g, salt 472 mg, carbs 24 g, fibre 4 g, sugar 4 g, protein 50 g, iron 5 mg



## SIMPLE SALMON★BURGERS

**MAKES 4 SERVINGS**

### Ingredients:

Non-stick cooking spray  
2 170-gram cans salmon, drained  
(tuna may be substituted)  
½ cup dry whole-wheat  
breadcrumbs  
1 egg, lightly beaten  
¼ cup finely chopped onion  
¼ cup finely diced celery  
¼ cup finely chopped red capsicum

¼ teaspoon salt  
⅓ teaspoon freshly ground pepper  
4 whole-wheat pita pockets  
Kale, tomato and cucumber slices for  
serving or with a side of cooked quinoa

### Directions:

1. Spray a medium pan with non-stick cooking spray and set aside.  
2. In a large bowl, combine all ingredients except the pita pockets.  
3. Mix well and form into four patties.

4. Place pan over medium heat and cook patties until lightly browned on both sides, approximately five minutes each side.

5. Serve in a whole-wheat pita with a slice of tomato and lettuce or with a side of couscous.

**Nutrition facts (per serving):** calories 271, total fat 8 g, saturated fat 2 g, trans fat 0 g, salt 356 mg, carbs 27 g, fibre 3 g, sugar 2 g, protein 23 g, iron 3 mg

**YOUR BEST BET:**  
Buy wild (not farmed)  
canned salmon to reduce  
your intake of PCBs.

### GET STUFFED:

Add as much tomato and cucumber as you like to boost the vitamins and fibre in your salmon burger.

**GOOD FAT:**  
Canned salmon  
is less expensive  
than fresh, and it's  
a good source of  
healthy omega-3  
fats.



CHOOSING A 100 PER CENT WHOLE-GRAIN BUN,  
BAGEL THIN OR EVEN WRAPPING IT IN LETTUCE  
LEAVES PROVIDES A FEW HEALTHY OPTIONS.



**SMELLY BENEFITS:**

Onions and garlic are members of the allium family of vegetables, which might help you fight cancer and heart disease.

**QUINOA POWER:**  
This trendy new grain is a great source of protein, magnesium and fibre.

**LOW CALORIE:**  
Each of these quinoa burgers contains just 169 calories, so go ahead and fill up with a second one!



## QUINOA ★ BURGERS

**MAKES 4 SERVINGS**

**Ingredients:**

1½ cup cooked quinoa  
1 egg + 1 egg white, lightly beaten  
¼ teaspoon salt  
½ teaspoon freshly ground black pepper  
1 tablespoon chopped fresh parsley  
2 tablespoons chopped onion  
1 clove garlic, finely chopped  
½ cup whole-grain breadcrumbs  
¼ cup finely chopped carrots

½ tablespoon olive oil  
Salad of your choice, sliced avocado  
and hot sauce for topping

**Directions:**

1. Combine quinoa, eggs, salt and pepper into a large bowl and stir in parsley, onion and garlic.
2. Stir in breadcrumbs and carrots.
3. Divide mixture evenly and shape mixture into four patties.
4. Heat oil in a large pan over medium

heat, add patties, cover and cook until bottoms are browned, approximately eight minutes. Carefully flip them over and continue cooking for two more minutes, until golden brown.

5. Serve on a salad with sliced avocado and hot sauce, if desired.

**Nutrition facts (per serving):** calories 169, total fat 5 g, saturated fat 1 g, trans fat 0 g, salt 164 mg, carbs 24 g, fibre 3 g, sugar 2 g, protein 7 g, iron 2 mg



# SIRLOIN ★ SLIDERS

**MAKES 6 SERVINGS**

**Ingredients:**

Non-stick cooking spray  
450 grams lean ground sirloin  
2 tablespoons Worcestershire sauce  
¼ teaspoon freshly ground black pepper  
170 grams low-fat cheddar cheese, sliced thin  
12 miniature whole-wheat buns, toasted  
24 dill pickle slices, low-salt

**Directions:**

1. Spray a large pan with non-stick cooking spray and set aside.  
2. In a large bowl, combine ground

sirloin, Worcestershire sauce and pepper.

3. Form into 12, small flat patties.

4. Cook burgers over moderate heat, turning, until a thermometer inserted in the centre registers 71 degrees.

5. Divide cheese evenly on top and heat until melted. Place patties between buns and top with two pickle slices per slider.

**Nutrition facts (per serving):**

calories 446, total fat 14 g, saturated fat 5 g, trans fat 0 g, salt 688 mg, carbs 47 g, fibre 7 g, sugar 8 g, protein 34 g, iron 5 mg



## YOUR LEAN BURGER COMPARISON CHART

(\*Start with 115 grams of uncooked meat to yield 85 grams cooked.)

### 95% lean

calories 149  
fat 6 g (saturated 3 g)  
protein 23 g

### 80% to 85% lean

calories 215  
fat 13 g (saturated 5 g)  
protein 22 g

### 70% lean

calories 217  
fat 14 g (saturated 6 g)  
protein 21 g

### Grass-fed beef, 115 grams raw

calories 216  
fat 16 g (saturated 4 g)  
protein 20 g

\*Ground-beef nutrition in a 85-gram cooked serving

"If you're trying to cut back on carbs in your burger, try wrapping it in lettuce or collard greens," says Lori Zanini, RD, spokeswoman for the Academy of Nutrition and Dietetics. "And get creative with your burger toppings. Grilled pineapple, grilled zucchini and red capsicum along with a high-quality Dijon mustard work well."

Zanini also suggests adding chopped vegetables to your burger patty rather than on top, as well.

**BETTER IRON:**  
The body more readily absorbs the form of iron found in meat, called heme iron, than it does from non-heme iron found in plants.

**THINK ZINC:**  
The zinc in beef helps the body absorb vitamins and is also involved in metabolism.

**SATISFACTION GUARANTEED:** These sirloin sliders satisfy a craving for a juicy burger, but their reasonable serving size keeps you from overdoing it.

## OXY Nutrition

### BARBECUE SAUCE

30 calories per  
tablespoon

### DICED AVOCADO

60 calories per ¼ cup

**MEASURE 'EM!** Go easy with these add-ons or you'll quickly tack on a lot more calories and fat to what would otherwise be a healthy burger.

### SHREDDED CHEESE

114 calories per ¼ cup  
shredded

### GUACAMOLE

50 calories per 2  
tablespoons

### BLUE CHEESE

100 calories per  
30 grams

### LOW-FAT MAYO

40 calories per  
tablespoon

TOP  
it  
OFF!

SOMETIMES THE  
DIFFERENCE  
BETWEEN A  
HEALTHY BURGER  
AND ONE THAT  
PACKS ON THE  
WEIGHT IS WHAT  
YOU PUT ON IT.  
OXYGEN MAKES IT  
SIMPLE FOR YOU.



### GRILLED PINEAPPLE

**PILE 'EM ON!** These toppings add flavour without a lot of calories and fat. In fact, they kick up the nutritional count by contributing vitamins and fibre.

### CAPSICUM SLICES

### CHOPPED CHIVES

### CUCUMBER SLICES

### GRILLED ONIONS

### LETTUCE, KALE OR SPINACH

### TOMATOES

### MUSTARD

## Smart swaps ★ WOW! YOU CAN CUT YOUR CALORIES AND FAT IN HALF JUST BY MAKING CLEANER SWAPS.

### LOADED BURGER

Piling on condiments without considering fat or calories can quickly add up to fast-food levels of both. Here are popular burger add-ons when the sky's the limit.

85-GRAM BEEF PATTY +  
Cheddar cheese  
Bacon  
Barbecue sauce  
Sauteed mushrooms  
Jalapenos  
Capsicum  
Pickles

— piled on a brioche-style bun

**Total calories: 736**  
**Total fat: 31 grams**

### HEALTHY BURGER

Swap out the high-fat toppings for low- and no-fat options, add a few crunchy veggies and a leaner roll, and cut calories and fat in half.

85-GRAM BEEF PATTY +  
Mustard  
Lettuce  
Tomato  
Grilled onions  
Chopped chives

— on a thin whole-wheat bun

**Total calories: 350**  
**Total fat: 5 grams**

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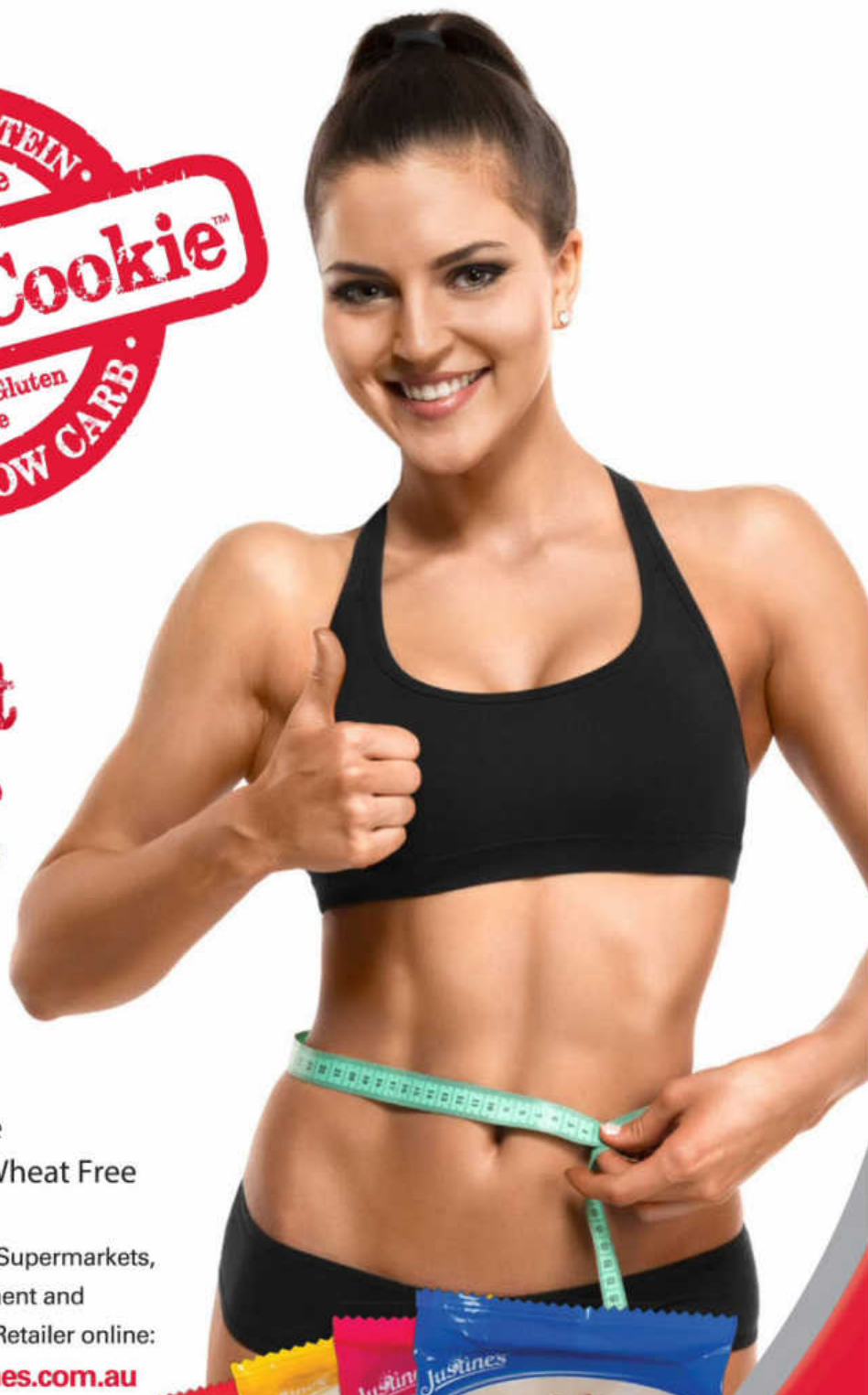
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# Fit and fabulous **at forty**

BY BELINDA POTTER

YOUR GUIDE TO AVOID FEELING FLAT,  
FAT AND FRUMPY AT FORTY.

PHOTO CREDIT: SHUTTERSTOCK.COM





**W**hen we think of heading into our forties, we imagine tuckshop arms, muffin tops and the dreaded middle-age spread. For many weekend warriors or ageing athletes, like me, this is the stuff that nightmares are made of. But does getting 'long in the tooth' really mean we should all hang up our lycra and start throwing back G&Ts at the local bowling club? Definitely not!

Encouragingly, the science is now telling us that the best and cheapest medicine to ward off ageing is a regular prescription of exercise. Traditionally, it was thought that hitting the big four-oh meant a steady and inevitable decline to the grave, and while this may be a self-fulfilling prophecy for some, the studies suggest that the downward slope is more a matter of psychology and circumstance than physiology.

Let's have a quick look at the science and then move into the practical application.

## CARDIOVASCULAR FITNESS

In a 2012 study, conducted by the University of Maryland, it was discovered that athletes had a similar decline in aerobic capacity (VO2max) to their sedentary female counterparts of five to nine per cent per decade after the age of 35. Now while that doesn't sound like particularly good news if you're a fan of hitting the

pavement, a second study conducted by the University of Pittsburgh demonstrated that only a small percentage (0.5 per cent) could be directly attributed to the ageing process. Interestingly, researchers discovered that training intensity, duration and frequency, as well as injury and overall motivation, had a far greater impact on cardiovascular fitness than the number of candles on your birthday cake!

## BODY COMPOSITION

A 2010 study on post-menopausal women demonstrated that regular, long-term resistance training was associated with the preservation of lean muscle mass and better overall weight management. Even a very conservative resistance training program of three days per week over a six-year period (the length of the study) was enough to maintain body weight and composition, but significant weight and total body fat losses were achieved with higher frequencies of weight-bearing exercise. The hypothesis was that resistance training was an effective strategy for weight maintenance due to its positive effects on resting metabolic rate.

## LIFESTYLE-RELATED DISEASE

Interestingly, both the Maryland and Pittsburgh university studies cited above found that women who continued to engage in regular bouts of intense activity saw a significantly lowered risk of lifestyle-related diseases such as heart disease, diabetes, high blood pressure and osteoporosis. It's also important to point out that ageing athletes maintained greater mobility and functionality, well into later life. They reported fewer trips and falls, which equates to greater independence and emotional wellbeing.

## KEEPING YOUR MARBLES

In a 2011 study published in the Journal of Internal Medicine, it was found that physical activity helped maintain cognitive function by sustaining blood flow and the supply of oxygen and nutrients to the brain. Exercise, as we know, is responsible for the release of feel-good endorphins, which minimises stress and incidents of depression by lowering cortisol levels.



# The game plan for staying (or getting) *fabulous in your forties*

- 1. Harness your mental mojo:** We can all get stuck in a rut doing the same ol' thing – familiar exercises, familiar equipment and familiar programs. The problem with familiar is that it starts to become boring. With any activity that begins to feel like a chore, slowly but surely our resolve to keep up the good work begins to wane. Actively finding ways to maintain your interest will breathe new life into your training – try scouring the Internet (or the latest edition of *Oxygen Magazine Australia!*) for new exercises, splits or philosophies, invest in a trainer for a 'mystery session', get outdoors, try your hand at something new or recruit a buddy who has a few ideas of their own to mix things up!
- 2. Prioritise injury management and prevention:** Not surprisingly, injuries were reported to be the number one reason why people in their forties stopped being physically active. It's important that you pay attention to the niggles before they become nags and take adequate time to warm up and cool down. It's also advisable to limit those high-intensity workouts when you're feeling fatigued or your joints don't feel up to the task.
- 3. Go hard – just not every day:** The same principles of training intensity and overload still ring true as we age. In order to promote muscle hypertrophy and adaption, you need to continue to push the envelope. The problem here is that we just don't recover like we used to. Alternate those gut-busting workouts with more moderate activity, change up the rep ranges, incorporate functional exercises or opt for low-impact moves.
- 4. Train holistically:** It's important as we age that we aren't distracted by training our 'mirror muscles' to the detriment of the ones that keep us upright and mobile. If you haven't done so already, then now is the time to take a more holistic approach to your training by incorporating elements of flexibility, cardiovascular fitness, balance and strength into your program.
- 5. Don't underestimate the power of good nutrition:** It is important to note that as we age there are a number of cellular changes occurring, not only at the macro-level of our muscles and joints, but also at the micro-level of our DNA. The free radical double whammy caused by intense bouts of exercise and the natural ageing process means that in order to reduce oxidative damage, we need to pay careful attention to eating a diet rich in antioxidants and ensure an adequate amount of high-quality protein for tissue repair and recovery. It's also worth mentioning that while many of us have jumped on the low-carb bandwagon, targeting your overall macronutrient ratios to meet the energy demands of your chosen activity will result in better performance and recovery.

## **Munch on those antioxidants**

Plant-based foods offer a high content of phytochemicals such as flavonoids, tannins, stilbenoids, phenolic acids and lignans; in particular, berries and berry products are fantastic sources. The antioxidant values of foods can differ for a variety of reasons, such as growing conditions, seasonal changes, genetic differences, storage conditions and manufacturing processes. Always choose fresh,

locally grown, GMO-free or dried plant-based produce. In some cases, like with tomatoes, processing may actually increase the antioxidant properties of foods, but generally speaking the less processed the better. Include plenty of colourful veggies, berries, seasonal fruits, spices and herbs, nuts, good-quality chocolate (high percentage of cocoa) and beverages with high antioxidant values in your diet daily.







PHOTO CREDIT: SHUTTERSTOCK.COM

Staying young at heart is entirely within our control. However, choosing to lace up your tracky-dacks and flop in front of the tellie, instead of lacing up your sneakers and heading to the gym, isn't going to cut the mustard. Exercise will allow us to continue to bathe in the fountain of youth, and the old adage of 'use it or lose it' is true at any age. By all means, adapt and modify your training, but remember to just keep moving! ●

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- 6. Get your beauty sleep:** Sports scientist and author of *The Masters Athlete* Dr Peter Reaburn states that it is a myth we need less sleep as we age. This is simply untrue. Both the quality and quantity of sleep are important for recovery and repair as well as maximising immunity and optimising hormone function. Constant sleep deprivation from regularly burning the candle at both ends can negatively impact on cortisol levels, down-regulate the release of the growth hormone, which is active during tissue repair, and inhibit muscle glycogen replenishment. Not surprisingly, well-rested athletes perform better at a number of athletic tasks – including speed, power and strength, accuracy, endurance and agility – and experienced better physical and psychological recovery between workouts. Aim for a regular sleep routine of seven to nine hours per night.

- 7. Seek the advice of an expert:** This is particularly true if you are starting out, coming back from a layoff or getting back into the swing of things after an injury. Find yourself a trainer, or a physiotherapist if need be, to monitor and assist you to incrementally increase your activity levels sensibly.



### BELINDA POTTER

Belinda is a passionate real-food crusader, wellness educator and budding word-slinger. She holds a Bachelor of Education and Masters in Adult

Education, is a Cert IV-qualified personal trainer, Level 1 Precision Nutrition coach, ITN Transformational Nutrition coach and is a self-professed nerd for knowledge. Belinda takes the guesswork out of getting into great shape and mastering your mindset. She coaches both bikini and figure competitors and driven women who want more of the good stuff in life. Belinda is one of Australia's leading figure athletes, having won numerous state and national titles over three federations, including ANB, NABBA and IFBB.

# WE LEGGINGS

A GREAT PAIR OF LEGGINGS CAN HAVE YOU LOOKING AND FEELING YOUR BEST, PLUS THEY CAN HELP REIGNITE YOUR ENTHUSIASM FOR WORKING OUT IF YOU'VE HIT A BIT OF A SLUMP. **CHECK OUT SOME OF THE LEGGINGS WE LOVE AT THE MOMENT!**



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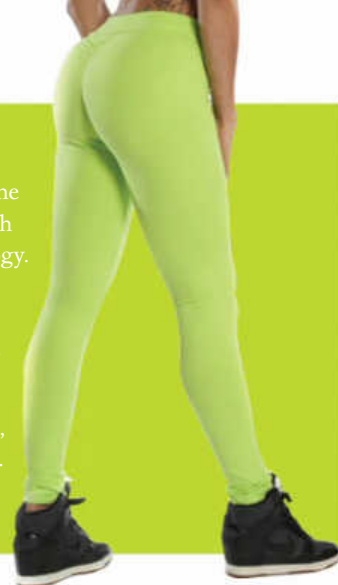
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## SKINS A400 LONG TIGHTS

The SKINS A400 Long Tights deliver the right compression to the right places thanks to 24 panels that follow the natural lines of the human muscle and tendon patterns. Risk of injury is minimised and ADAPTIVE Technology in the fabric keeps you warm when it's cool and cool when it's hot.

**/ Best for:** All types of training, particularly great for workouts or running in low light conditions due to their 360 degree reflectivity for added safety.

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With a second-skin fit and the highest quality compression fabric, you'll be strutting the most toned thighs and perkier butt possible. With a chic and stealth black leopard print, these long tights maximise performance and style.

**/ Best for:** Any workout from HIIT sessions at the park to supersets at the gym and comfortable and stylish enough to run your errands afterwards.

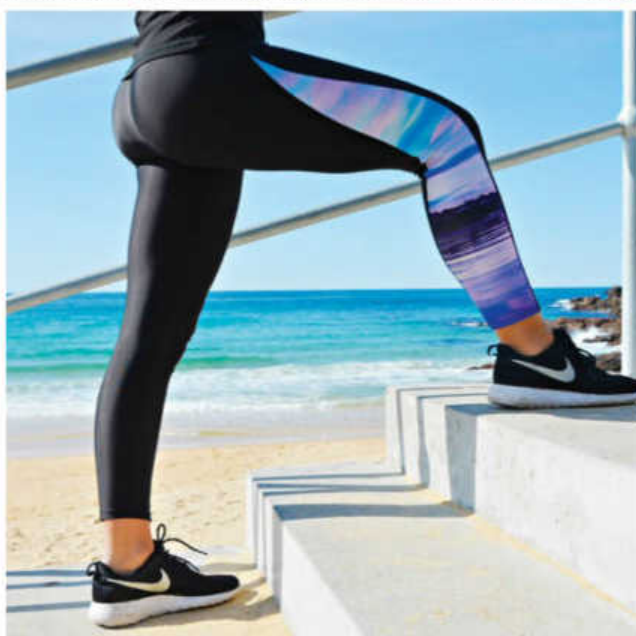
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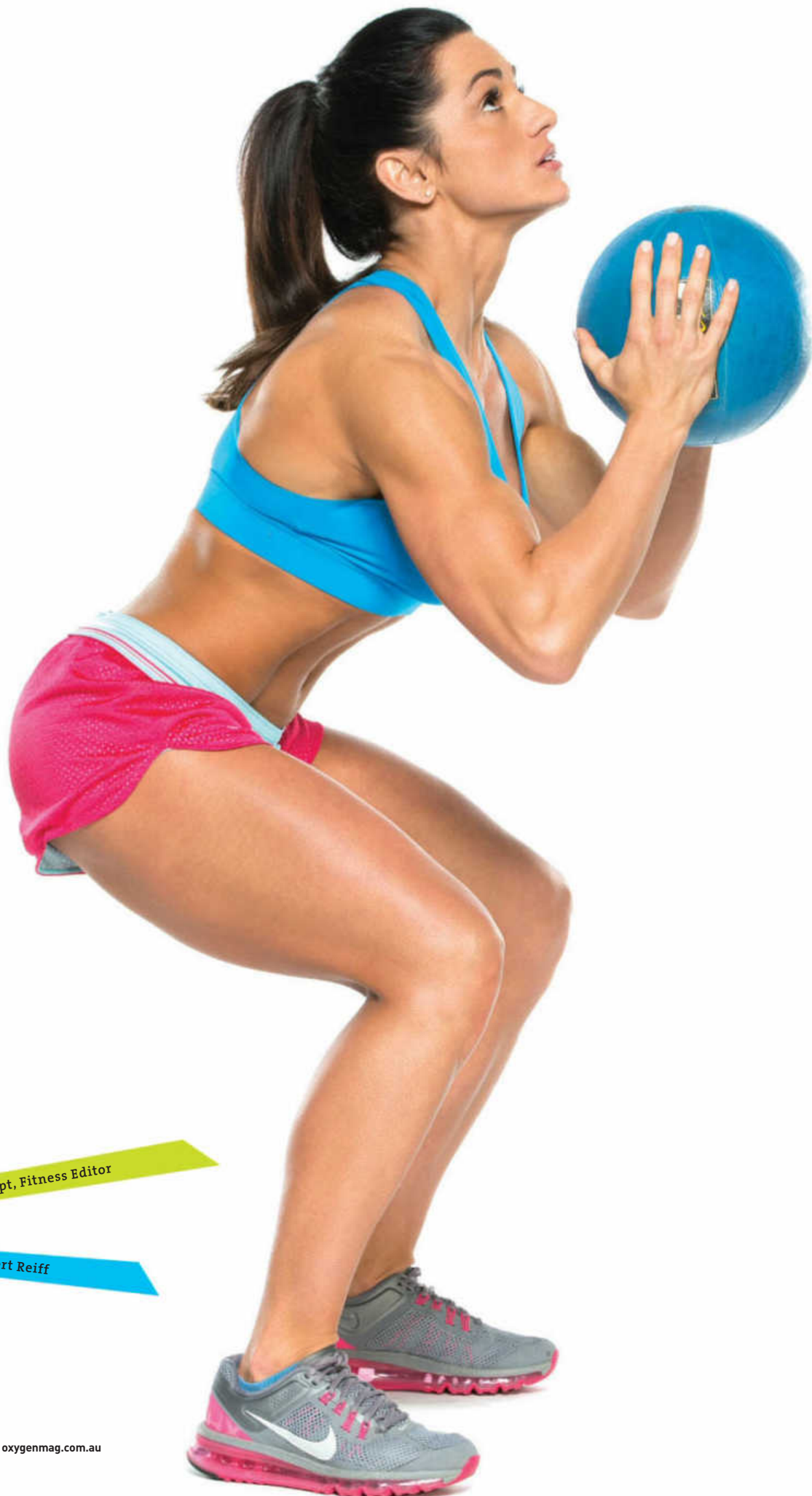
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By Lara McGlashan, cpt, Fitness Editor

Photography by Robert Reiff



# TOTAL

# BODY

# POWER

Train for speed, agility and definition with this 20-minute **medicine-ball workout**.

■ Throw 'em, slam 'em, toss 'em, pass 'em — any way you use them, medicine balls are one of the most versatile workout tools around. Athletes and coaches use medicine-ball workouts to train the body in all three planes of motion — frontal, sagittal and transverse — and concentrate on balance, coordination, stability and total-body power. Translation: a symmetrical, well-rounded physique and a killer, ironclad core.

This is a dynamic, total-body circuit program that anyone at any level can do anywhere. All you need is a medicine ball (or two) and a flat, open area free of obstacles (such as sticks, rocks, other people, etc.). Warm up by power walking or jogging for two to five minutes, then follow with five to 10 minutes of dynamic stretching for your upper and lower body. Go through the routine once for a solid 20-minute workout or twice if you're feeling ball-sy (get it?). Rest no more than 30 seconds between sets to burn oodles of fat and calories.

EXERCISE	SETS	REPS
TOSS-UP	2	15
TWISTER	2	20
BALL SLAM	2	12
ROCK AND ROLL UP	2	10
ONE-LEGGED REACH	2	10 EACH SIDE
ONE-LEGGED HIP RAISE	2	15 EACH SIDE
ONE-ARM BALL FLYE	2	10 EACH SIDE
FIGURE-8	2	20



**Intensity tip:** Play with the height of your toss. Throwing the ball higher requires more power and explosiveness, while tossing it lower and faster with more reps can be a good endurance workout.



### Toss-up

**Set-up:** Stand with your feet a little wider than hip-width apart, toes pointed slightly outward, and hold a ball at your chest with both hands, elbows down. Look up toward the sky and shift your weight into your heels.

**Move:** Kick your hips back and bend your knees to squat all the way down — bottoming out — then explode out of the hole, extending your legs quickly and throwing the ball straight up into the air as you reach full extension. Catch it with both hands as it comes back down and immediately go into the next repetition.

**Form tip:** Make this movement fluid and continuous. Frame your hands to catch the ball and cushion the impact by absorbing it with your elbows and lowering right into the next rep.

### A few tips for effective medicine-ball training

- Always hold the ball with your hands wide open, fingers spread. This gives you the most surface area with which to handle the ball, offering superior grip and stability.
- Use balls with differing weights for different moves. For example, you can use a much heavier ball for toss-ups than you can for figure-8s.
- Never catch the ball with straight elbows; always absorb the impact by bending your arms to slow the ball down.
- Control the momentum of the ball with your core; never let it control you.
- Some medicine balls are bouncy. Test them out to see how they react before beginning your workout.





**Intensity tip:** This move can be as easy or difficult as you make it. The harder you throw the ball down and the more you use your entire body, the more difficult the move becomes.



**Intensity tip:** Lift your legs, cross your ankles and balance on your tailbone as you twist from side to side.

### Twister

**Set-up:** Sit on the ground with your knees bent and hold a medicine ball at your chest with both hands. Lean back and balance on your tailbone with a straight back.

**Move:** Moving your torso and arms as one unit, twist to the side and touch the ball down to the ground by your hip. Turn the other way and continue, alternating sides.

**Form tip:** Think about wringing out your waist like a towel as you do this move to really engage the core.



### Ball slam

**Set-up:** Hold a ball with both hands at chest height and stand with your feet shoulder-width apart.

**Move:** Raise the ball quickly overhead, then use your entire body to throw the ball to the ground, bending your hips and knees and whipping it downward by contracting your abs as you follow through. Pick the ball back up and repeat immediately.

**Form tip:** Think about initiating this move with your abs and core, and use your entire bodyweight to generate force, not just your arms and back.

### Rock and roll up

**Set-up:** Lie on the ground with your knees bent, feet flat, and hold the ball with both hands overhead on the ground, elbows bent.

**Move:** Quickly bring the ball overhead in an arc toward your knees and use that weight and momentum to help you roll forward onto your feet into a squat, then stand up. Reverse the move to return to the start, then repeat right away.

**Form tip:** If you have trouble rolling up into the squat, try bringing your knees into your chest and use the momentum of the ball and your legs to help pop you upright.

**Intensity tip:** Try this move with just your bodyweight to begin, then move up to a light ball once you get the hang of it. As you get stronger, try to rely less on momentum and more on your abs and core to perform the move.



**Intensity tip:** Use a lighter ball for this move so you don't tip forward and get thrown off-balance. Beginners can also hold the ball at their chest. As you improve, slowly extend your arms until you can do it as shown.



### One-legged reach

**Set-up:** Stand with your feet together and hold the ball with both hands at your waist, arms extended. Extend one leg straight behind you, toes just brushing the ground.

**Move:** Fold forward, hinging at the hips and lifting your leg behind you as you lower your torso toward the ground with your back straight. As you lower, reach the ball upward until your arms, back and leg are all parallel to the ground. Pause, then reverse to return to the start. Do all reps on one side before switching.

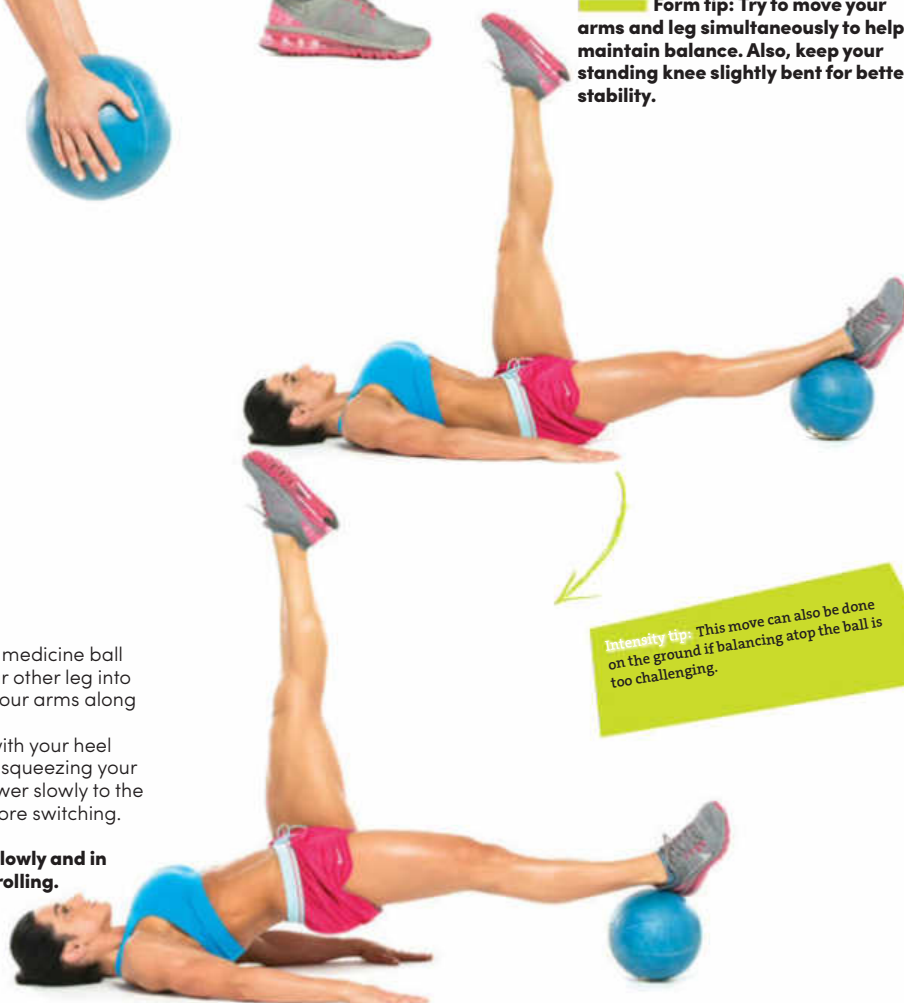
**Form tip:** Try to move your arms and leg simultaneously to help maintain balance. Also, keep your standing knee slightly bent for better stability.

### One-legged hip raise

**Set-up:** Lie face-up and place a medicine ball underneath one foot. Extend your other leg into the air over your hip and reach your arms along your sides, palms down.

**Move:** Press down into the ball with your heel and lift your hips toward the sky, squeezing your glutes. Pause a moment, then lower slowly to the start. Do all reps on one side before switching.

**Form tip:** Do this move slowly and in control to prevent the ball from rolling.



**Intensity tip:** This move can also be done on the ground if balancing atop the ball is too challenging.



### One-arm ball flye

**Set-up:** Lie face-up on the ground with your knees bent, feet flat, and hold the ball with both hands straight up over your chest.

**Move:** Shift the ball to your left hand and slowly lower your arm straight out to the side until it is hovering above the ground. Raise your arm slowly to the start and switch sides to complete one rep. Continue, alternating sides.

**Form tip:** Keep your elbow slightly bent to protect your shoulder joint.

**Intensity tip:** Don't rush; the slower you do this move, the more intense it becomes.

**Intensity tip:** The bigger the 8s the harder the move. Play with your speed, as well, to challenge yourself.

### Figure-8

**Set-up:** Hold a medicine ball with both hands and your arms extended straight out at chest height.

**Move:** Keeping your arms straight, draw figure-8s in the air in front of you. Reverse direction each five reps.

**Form tip:** Make sure you have a good grip on the ball and remember to control it with your abs and core. **O**



*The essentials*

# YOUR BODY WILL THANK YOU FOR

OXYGEN MAGAZINE AUSTRALIA  
AMBASSADOR LESLEY MAXWELL SHARES  
HER METHODS FOR STAYING IN SHAPE LONG-  
TERM, NOT JUST FOR A SPECIAL OCCASION  
OR TO STEP ON STAGE FOR A COMPETITION.

BY LESLEY MAXWELL

**AS A READER OF OXYGEN MAGAZINE AUSTRALIA, YOU ARE PROBABLY ALREADY INTO FITNESS. PERHAPS YOU'VE BEEN TRAINING AND EATING CLEAN FOR A WHILE, OR MAYBE YOU'RE NEW TO THIS HEALTHY WAY OF LIVING.** Either way, I'm sure your body and mind are thanking your for it!

Most people assume it's a huge sacrifice to get and remain in good shape – or, surprisingly, even in good health. Being fit and healthy is usually associated with difficult periods of dieting, feeling hungry and hours of strenuous exercise, as well as some kind of sufferance and denial. Others even feel taking care of yourself is some form of vanity!

Training and clean eating aren't obsessions; they're necessary for your body to function optimally. If you enjoy the wonderful and nourishing food you eat and use effective exercise to stay in shape, then you aren't denying yourself in any way – quite the opposite, in fact!

PHOTO: DALLAS OLSEN



## Training for long-term results

Some simple moves that I'm sure you have done in the gym, whether you realised it or not, are **our body's essential movements. These are: squats, lunges, pushes, pulls, bends, twists and gaits (walks/runs).** Every movement we perform is related to one of these seven movement patterns.

If we sit down, stand up or get out of bed, we are doing a squat. If we climb the stairs to work, we are lunging. If we push open a door using our chest and triceps muscles, we're 'pushing', and if we pull that door open again on the way out, we're 'pulling'. We

bend and twist as we put our groceries away and, of course, all of the above involves the final movement, gait.

As we use each of these seven basic movement patterns daily, the regular incorporation of them into our training sessions is essential for our body to function optimally today and for the rest of our lives.

When it comes to planning your workouts to include these movements, it's important to keep a good balance of opposing muscle groups. For example, you could do chest (push) and back (pull) on one day,

followed by triceps (push) and biceps (pull) on another. You can perform all movements using body weight, but it's also important to gradually add more resistance to your movements to ensure you're building lean muscle mass. You can do this by incorporating a mixture of machine- and free-weight-based exercises into your routine.

**Performing your exercises on machines means you can go a little heavier compared to free-weights due to the lower risk of injury.** However, free-weight exercises are just as important, if not

more so, as they force your body to engage your core stabiliser muscles, which will help you to get stronger overall and improve all seven of your essential movements.

Building some lean muscle mass with resistance training can give you a huge health advantage over the average population. Not only does muscle look great, it's key to burning body fat even when you aren't working out, as it's metabolically active. It supports your frame, making you appear more youthful,

and it even strengthens your bones. What's more, weight training sessions can improve your aerobic capacity, blood pressure, insulin sensitivity and cholesterol levels, and your body will feel and act younger because of it!



## Eating for long-term results

Another lifestyle change that will give you a massive health advantage over others is nourishing your body by simply being aware of your macronutrient (protein, fat and carbohydrate) intake. Protein (essential amino acids) and good

fats (essential fatty acids) are essential for our bodies to not only remain fit and healthy, but survive (hence the word 'essential'). **You should be focusing on feeding your body with quality nutrients** to ensure it has everything

it needs to function perfectly, rather than being too preoccupied with calories.

Keeping your body fit for life need not involve huge sacrifices, excessive exercise or extreme hunger. If you incorporate a balance of all seven essential

movements into your training regime and eat a balance of macronutrients to nourish and fuel your body, you will be providing it with the tools it needs to help you enjoy the benefits of optimal health today and for the rest of your life. ☉



### LESLEY MAXWELL

Flirtatious and fun-loving, Lesley redefines what it means to be over 50 and fabulous. A mother of three, Lesley has more than 20 body sculpting titles to her name and in 2009 won the Miss USA Figure Open World Title for INBF

in New York. Lesley, who thinks of herself as 'ageless', believes the key to looking and feeling amazing is regular exercise, nutritious eating and a positive frame of mind. Anyone can do it and it's never too late to start. She believes age is just a number, so start listening to this inspirational lady who is proof that age is no barrier to having fun and looking great.

For more information or to drop by and say 'hi' to Lesley visit [www.ouifitness.com.au](http://www.ouifitness.com.au)

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MEET NOEMI OLAH, AN ONLINE PERSONAL TRAINER, BIKINI MODEL CHAMPION AND BRAND AMBASSADOR FOR THE LARGEST BRAZILIAN FITNESS WEAR RETAILER WORLDWIDE, BODY BY BRAZIL.

# Dedicated and Disciplined

PHOTOGRAPHY BY ROD ZIMMERMAN

FITNESS CLOTHING BY BODYBYBRAZIL.COM

## FAST FACTS

**Name:** Noemi Olah  
**City:** Ruskin, Florida, USA  
**Occupation:** Online personal trainer  
**Age:** 28  
**Height:** 170cm  
**Weight:** 57kg

Originally from Hungary and now residing in the United States, Noemi Olah is a four-time IFBB Bikini Olympian and three-time IFBB Pro Champion.

Noemi fell in love with physical activity early on. Growing up an active child, she always ensured it was part of her life – although she didn't always train as seriously as she does now. It wasn't until a friend introduced her to weight training that Noemi was hooked.

"Training makes me feel energised, fresh and relaxed, all at the same time," Noemi says.

Her outlook toward training has changed over the years as she has progressed and learnt more about health and fitness.

"Back then I just wanted to look fit and lose weight, and now I train to build lean muscle," Noemi says.

"I don't just go to the gym so I can look good. I've learned so much about how to train smart and eat right."

## FOLLOW NOEMI

Instagram: @noemiolah  
Facebook: Noemi Olah IFBB Bikini Pro  
Twitter: @Noemiolah



Noemi loves the way she looks and feels now that she has taken her training more seriously and continues to stay motivated by others in the fitness industry.

"I'm inspired by other pro competitors," she says. "They make me want to be a better athlete."

While she had to learn a lot more about training to achieve her goals, she says nutrition is a key factor for those wanting to take their health and fitness more seriously.

"You can't out-train a bad diet," Noemi says. "You can work out for hours, but if you're not eating right, in just 15 minutes you can consume more calories than you burned off."

She believes self-belief to be vital, and if you're looking to get in your best shape yet, Noemi says you must appreciate the process and let go of your worries.

"The body achieves what the mind believes," Noemi says. "Enjoy the journey and be patient with yourself."

"Too many women worry about what other people think in the gym. You need to weed the negativity out of your life, love your life and train for you!"

## The diet and workout of an IFBB Bikini Olympian and Pro Champion

### Diet

**Meal 1:** 4 egg whites, ½ cup oats, ½ grapefruit

**Meal 2:** 115g white fish, 85g sweet potato, 1 cup veggies

**Meal 3:** 85g chicken, ¼ cup rice, 2 cups salad

**Meal 4:** Protein shake, ½ apple

**Meal 5:** 115g white fish, 150g asparagus, 1 cup salad



### Workout week

#### Monday: Legs and butt

- ☐ 4x15 leg extension
- ☐ 4x15 barbell squat
- ☐ 4x15 deadlift
- ☐ 4x15 lying hamstring curl
- ☐ 5x15 good mornings
- ☐ 5x15 pull-up push-down

#### Tuesday: Shoulders and triceps

- ☐ 4x12 seated dumbbell press
- ☐ 4x15 seated side lateral raise
- ☐ 4x12 smith machine press
- ☐ 4x15 dumbbell front raise
- ☐ 4x15 rope pushdown
- ☐ 4x15 bench press

#### Wednesday: Hamstrings and chest

- ☐ 5x15 stiff-legged deadlift
- ☐ 5x15 seated hamstring curl
- ☐ 5x15 lying hamstring curl
- ☐ 5x15 leg press
- ☐ 4x12 cable flye
- ☐ 4x12 cable press
- ☐ 4x12 incline dumbbell press

#### Thursday: Morning cardio



#### Friday: Back and biceps

- ☐ 5x12 lat pulldown
- ☐ 5x12 bent-over row
- ☐ 5x12 T-bar row
- ☐ 5x12 single-arm dumbbell row
- ☐ 4x12 dumbbell curl
- ☐ 4x12 preacher curl
- ☐ 4x15 standing barbell curl

#### Saturday: Butt and abs

- ☐ 5x12 barbell body dips
- ☐ 5x15 single-leg smith machine
- ☐ 5x15 bench wrap
- ☐ 5x15 wide squats with barbell
- ☐ 4x 20 incline-hip raises
- ☐ 4x 20 crunches
- ☐ 4x 25 knee-ups

#### Sunday: Rest day

### QUICK QUESTIONS:

Three things most people don't know about you?

1. I love to travel around the world.
2. I'm a cosmetologist.
3. I love cooking and baking.

Best beauty secret?

Moisturise your skin every day.

Who inspires you? Shannon Dey, my coach. She's always confident in any situation.

Describe yourself in three

words: Honest, loyal and motivated.

Favourite food to indulge on?

Sushi, once a week.

Fridge staples? Meats, veggies, egg whites and almond milk.

Favourite body part to train?

Shoulders. I like the look of rounded and shaped shoulders.

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Gym Wear

Noemi wears Body by Brazil in the image featured here.

For more information visit [www.bodybybrazil.com](http://www.bodybybrazil.com)

# DAVI OLIVEIRA

NAME: Davi Oliveira | AGE: 29 | HEIGHT: 186cm  
WEIGHT: 92kg | HOMETOWN: Rio de Janeiro, Brazil | OCCUPATION: Model, actor and engineer

**If you could be anywhere in the world doing anything – what and where would you be?**

I live in the moment! I'm currently living the dream in Australia – modelling, acting, playing samba with the Favela Beat samba band and playing soccer.

**What is your claim to fame?**

I did some modelling work for the Carnival in my hometown Rio De Janeiro. The Carnival is an annual celebration and the world's biggest party! It attracts many Brazilian and international celebrities, so it was a lot of fun to work alongside these people.

**What is the most romantic thing you've ever done for a woman?**

I moved to Australia to start my life here with my girlfriend. I arrived on her birthday and she was waiting for me at the airport. I greeted her playing my little guitar and singing happy birthday to her. She loved it!

**What characteristics do you most look for in a woman?**

I like a woman who is very confident and respects herself. Life is meant to be fun – a woman who lives her life with a smile on her face and a good sense of adventure is amazing to be around. She will always attract fun people.

**How do you stay in shape?**

I've always been a really active person and I love going to gym and lifting weights. I love sports and am in a soccer team. I like to go running too – through the city I live in (Brisbane) or on the beach.

**What's your favourite home-cooked meal?**

Mum's cream cheese chicken with rice.

**Are you currently in a relationship?**

Yes, I am in a relationship. My girlfriend and I will be celebrating our one-year anniversary very soon.

**Do you have a favourite pick-up line?**

I go up to the girl with a big smile, make eye contact and say "You know when you see something that makes you stop and think about how beautiful it is? That's the feeling I am having just now as I look at you." ●



PHOTOGRAPHY BY LUCIO LUNA





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Stand up for your health!

# Sitting not so pretty

Being chained to an office chair throughout the day could raise your risk of health conditions, no matter how hard you're working at the gym. Here's how to avoid the "sitting disease."

BY KAREN ASP AND JERRY KINDELA, MA, DHS

→ You would never call yourself a couch potato. You log a sweat at the gym nearly every day, after all, even doing double-duty workouts occasionally. You may jump on the bike and circuit the neighbourhood or go for a 5K run just to get the blood moving.

Yet ask yourself this: how many hours on average do you sit every day? Probably more than you think, as research indicates that people spend 50 to 60 per cent of their waking hours, roughly eight to 10 hours a day, sitting on their duffs. And that amount of sitting, as it turns out, can pose significant health risks.

We can hear you now, saying that you work out regularly, that you're an active *Oxygen* reader committed to the fitness lifestyle and you don't have to worry about sitting so much. Truly stunning — and of interest to the *Oxygen* woman — is that even if you log 30 to 40 minutes of exercise per day for five days a week, you may reduce the risk of heart attack and stroke and lower blood pressure and cholesterol levels, but you still can pay a price for prolonged sitting.

“By sitting a majority of the day, even if you exercise, you're creating metabolic toxicity, a fancy term for saying you're not burning as many calories as you consume.”





## Create your own sit-less strategies

Sitting less requires listening to your body. It demands mindfulness on your part. "Take the same approach as you do with fitness and personalise it," suggests Carrie Schmitz, ergonomic and wellness research manager for Ergotron.

### Get vertical

- Establish a routine of taking a break every half-hour. Use a computer alarm or app to remind you, then stand and stretch or take a quick stroll. For example, a five-minute stroll, research says, can undo the problems created in your lower legs by one hour of sitting.
- Making a phone call? Using a headset or speakerphone, stand as you talk; if possible, walk around your office.
- Switch to a height-adjustable desk — either make or buy one (if your office environment allows it) — so you can alternate between sitting and standing throughout the day.

### Get moving!

- Make meetings active, turning them into walking meetings or at least standing during meetings. If you're attending a presentation, position yourself at the back of the room so you can stand.
- Instead of sending an email (unless absolutely essential), walk over to your intended recipient and have a conversation.
- Whenever people enter your office, stand to greet them. Keep standing as long as possible.
- Consider sitting on a stability ball instead of a chair. The ball activates a significant number of muscles.
- Drink more water, coffee or tea so you have to pee more, which thus forces you to get up.

## Are you sitting too long?

# Hazardous habits

➔ Following the pioneering work in what is known as "inactivity studies" by Mayo Clinic endocrinologist/researcher James Levine, M.D., Ph.D., there's been an international explosion of studies looking at the ill effects of prolonged sitting. And the news isn't good. Sitting for excessive periods is increasingly being linked to assorted health conditions, including heart disease, diabetes, cancer, kidney disease, anemia and bone loss, among others.

### Metabolic mayhem

- ★ Sitting for prolonged periods allows your body to begin shutting down metabolically. Sitting a full day can lower by up to 50 per cent the amount of fat-burning enzymes responsible for managing triglycerides, a blood fat. In time, your good cholesterol, HDL, can drop.
- ★ Because blood flows much more slowly while you sit, fatty acids are much more likely to add to the buildup of plaque in your heart vessels.
- ★ Your pancreas continues to produce insulin, even though inactive muscle responds less and less to insulin, a hormone that controls your blood sugar. This may open the doorway to Type 2 diabetes.
- ★ Unless you use good posture while sitting (few people do), your abdominal muscles weaken while your lower back muscles attempt to compensate, leading to a biomechanically unstable condition called hyperlordosis. In time, you increase the risk of developing ruptured spinal discs. Since the 1990s, lower-back problems among women have soared threefold.
- ★ Because sitting rarely allows you to extend your hip flexor muscles, their range of motion becomes compromised. Your posture and walking suffer, and the loss of flexibility can increase the risk of injuries while you exercise.
- ★ Sitting leads to blood pooling in your lower extremities, opening the dam to assorted health-compromising conditions of the legs, such as deep vein thrombosis.

Blood flow in the lower extremities can be compromised by as much as 50 per cent after only an hour of sitting.

### Brain drain

- ★ Thanks to reduced blood flow and oxygen from prolonged sitting, your brain does not function optimally. You may think you're multitasking, but you're likely spinning your wheels.
- ★ Middle-age women who sat longer than seven hours per day showed a 47 per cent higher risk for depression than women who sat less than four hours, according to a study published in *American Journal of Preventive Medicine*.
- ★ "Sitting time is emerging as a strong candidate for being a cancer risk factor. The phenomenon isn't dependent on bodyweight or how much exercise people do," says Neville Owen, head of behavioral epidemiology at the Baker IDI Heart and Diabetes Institute here in Australia.

### Shorter longevity

- ★ In a report in the *Journal of the American Medical Association*, Frank Hu, M.D., Ph.D., of the Harvard School of Public Health, observed that television watching, in addition to showing a relationship to various diseases, also increased the odds of dying from any cause by 13 per cent.
  - ★ Israeli researchers at Tel Aviv University found that placing fat cells under stress or a load, such as the kind generated on your glutes when you sit, can accelerate the rate by up to 50 per cent at which fat cells produce fat. While the study was conducted on lab mice, it may be worth considering as you become more aware of the health risks over long sitting.
- No research to date has found a direct cause-and-effect relationship between long periods of sitting and metabolic dysfunction and disease. However, there appears to be a strong relationship between these events, and it bears watching and taking protective steps.

# 21.8

Minutes you extend your life expectancy for every hour you don't sit passively and watch TV, according to an analysis published in the *British Journal of Sports Medicine*



## So what's a gal to do?

Standing three to four hours per day during the workweek for one year will burn the number of calories comparable to running 10 marathons, according to UK researcher John Buckley, Ph.D., and professor of applied exercise science at the University of Chester.



## Turn car time into movement time

This is the toughest situation to tackle, but with a little creativity, you can add movement to that mobile.

- Stop regularly, every hour if possible, but at least every two hours, for 15 minutes. Then get out of the car and stand and stretch or go for a brief walk.
- Avoid looking for a parking spot near the entrance of the mall or supermarket or bank. Park so that you need to walk a comfortable distance.
- Whenever you make a pit stop, avoid sitting as much as possible until you get back in your car, even if that means standing during a meal.
- If you're a passenger, do simple stretches in the car.



90

Number of seconds standing it takes for you to experience positive changes, from a lift in your spirits to better blood-sugar control



# Standing vs. exercise: Why you need both

➔ As research continues to pour in, even if you log the recommended amount of physical activity (150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise or a combination of the two each week), you're not immune from the deleterious effects of prolonged sitting, according to a study from the *Annals of Internal Medicine*.

While excessive amounts of sitting affected everybody in the study, no matter their activity level, researchers did find important differences between people who logged the recommended amount of exercise versus those who didn't. "Although health hazards associated with sitting were about 15 to 20 per cent across the board, that risk rose to 40 per cent if you did little or no exercise but dropped to 5 to 10 per cent if you met daily exercise recommendations," says David Alter, M.D., Ph.D., study co-author and cardiologist and senior scientist with the Toronto Rehabilitation Institute at the University Health Network in Canada.

So why doesn't exercise eliminate all the risks? Namely because daily activity like folding laundry, preparing meals and so on is different from exercise per se; each impacts your body differently. Daily

Your solution to the "sitting disease" is amazingly simple: stick with those daily workouts, but make every effort to sit less during the day.

activity, or what you do the other 15 or so hours (not including sleep), is referred to as non-exercise activity thermogenesis. Simply, this refers to the number of calories or energy you burn throughout the day when you're not exercising.

"With exercise, you're increasing your heart rate and breathing harder to improve your fitness level, which comes with its own protective benefits," Alter says. Meanwhile, your daily activity outside the gym actually has a greater impact on calorie expenditure, and that's one rea-

son Alter believes sedentary behaviour, sitting included, is so dangerous.

"By sitting a majority of the day, even if you exercise, you're creating metabolic toxicity, a fancy term for saying you're not burning as many calories as you consume," he says. You burn roughly 50 to 70 calories an hour while sitting versus 120 to 140 calories an hour while standing, Alter adds.

Those unused calories then turn into waste like fat, even lead to poor glucose control, both of which are linked to chronic health conditions. That's supported by animal research, which has found that there are different physiological problems involved with sitting that exercise can't necessarily counteract, says Genevieve Healy, Ph.D., senior research fellow at the University of Queensland in Australia.

Your solution to the "sitting disease" is amazingly simple: stick with those daily workouts, but make every effort to sit less during the day. While experts are still figuring out exactly how much sitting is too much — one study did show that if Australians reduced sitting time to less than three hours a day, life expectancy across the board would increase by two years — Alter suggests this goal: decrease your sedentary time in a 12-hour span by two to three hours. According to research done in the UK by Michael Mosley, M.D., and co-author of *The Fast Diet*, standing three hours per day for five days each week will alone lead to a 4kg loss in 12 months, which will lead to improved health.

Just don't go to the extreme and stand 24/7. "Although we have little knowledge about the health benefits (or detriments) of standing, we do know that too much standing, especially static standing (meaning that you're in one posture the whole time), can be detrimental," Healy says. She adds, though, that a study she's currently leading is showing that replacing sitting with standing does have potential cardio-metabolic effects.

Now, to borrow a line from singer James Brown, are you ready to get up off of that thing and move until you feel better?



## Avoid becoming a statistic at home

Any of the tips for the office can work at home, but here's the real beauty of being at home: you're not tethered to the computer, and many household activities already require movement.

- During TV commercials, sit on a stability ball. Up to 8.5 minutes out of every 30 are devoted to commercials on major networks.
- Whenever you're in the kitchen, waiting for something to warm up or boil, do a yoga Tree pose. Do the Tree pose during TV commercials.
- Whenever possible, do some sort of activity — like ironing or folding laundry — that forces you to stand when the TV is on.
- Stand whenever you check texts and emails.
- Read at least one-third of your news while standing.
- While chatting on your phone, walk around your home.
- Prepare meals as often as possible; avoid calling takeaway. •

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# Age is No Barrier

GUILTY OF PUTTING EVERYONE ELSE BEFORE HERSELF, TRACEY DUNN NOW REALISES THAT PRIORITISING HER HEALTH AND FITNESS ISN'T SELFISH AT ALL, IT'S VITAL.

**A**s a 48-year-old single mum of four, health and fitness hasn't always been my priority. My story isn't out of the ordinary; I was working full-time in a corporate role and part-time in the fitness industry. It wasn't until my health started to suffer from a lifetime of poor diet and stress from family, work and financial pressures that I learnt the importance of prioritising my health and fitness.

As women, there is a tendency for us to lose our identity as we age. We become employees, mothers, wives and partners, often putting the needs of others before our own. We forget how to take time out for ourselves and feel guilty if we do.

A lack of knowledge of what constituted healthy eating and exercise saw me gain over 20 kilos in weight. Thankfully, I made the decision to change and I was committed irrespective of how hard it was going to be. I started by making lifestyle changes, my diet improved and I started to get involved in various fitness activities. It was difficult, my days were long and it was hard

to find the time to fit exercise in. My younger children objected to me taking time out for myself and at times went out of their way to make it difficult for me to exercise. I stuck with it and three years on, we have all benefited.

My kids all have a positive self-image and know the importance of a healthy diet and exercise. My mental and physical health is excellent, I handle stress better, I have more energy and I no longer suffer from migraines, bloating or nausea. I am confident, I love my body and I do things now that I never imagined possible when I was in my 20s.

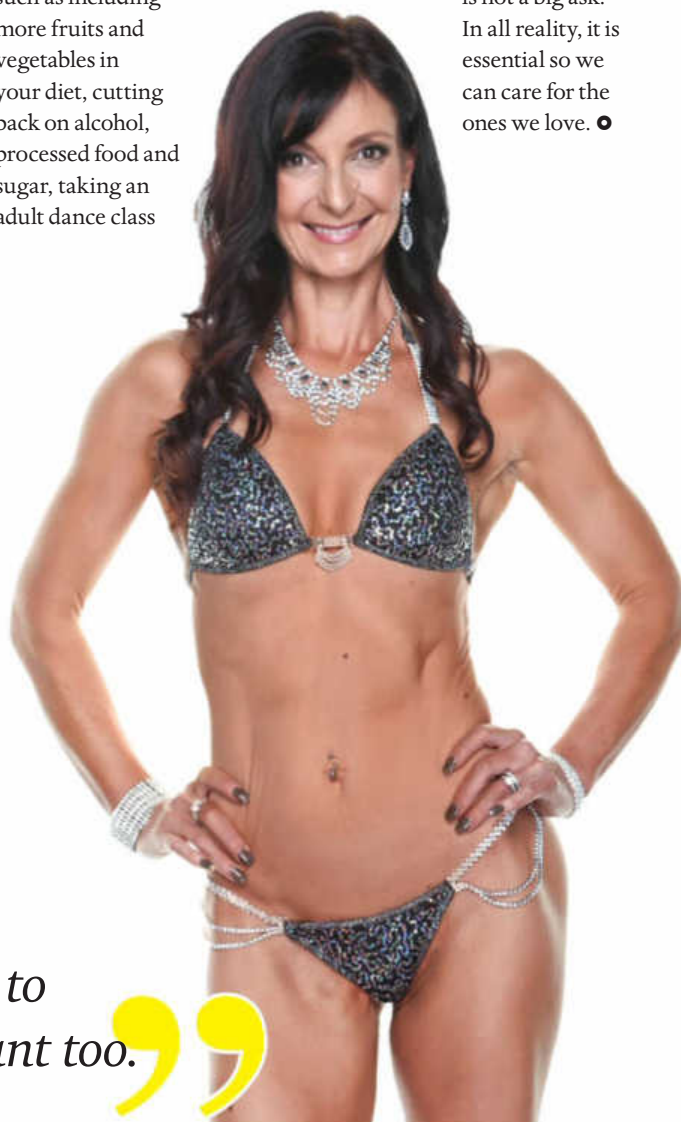
I work full-time in a corporate role, I am a qualified personal trainer and I teach fitness classes part-time. I am a role model to my daughters and others in community. I also compete in bodybuilding and fitness shows and have competed in pole fitness competitions. In 2014, I placed second in the professional division of the West Australian Pole Championships and this year I have placed third in the IFBB O'Mara State Championships Bikini Masters

division, top six in the Arnold Classic Bikini Masters division and recently placed third in the Diva Bikini 35+ division of WBFF Australia.

Age is not a barrier; if anything, it opens doors to new opportunities. Simple things such as including more fruits and vegetables in your diet, cutting back on alcohol, processed food and sugar, taking an adult dance class

with a friend or going for a walk with the kids are enough to get started.

It is so important for women to understand that they are important too. Taking one hour a day to focus on our own needs, mentally and physically, is not a big ask. In all reality, it is essential so we can care for the ones we love. ●



*“It is so important for women to understand that they are important too.”*



**Zap of zucchini!**  
Grill, roast, steam or saute, or use it raw in salads and slaws.

**Hot! Hot! Hot!**  
The compound that gives cayenne its heat, capsaicin, can also aid digestion and rev up your metabolism.

#### WHAT'S SO GREAT ABOUT IT?

► **SUPER SWEET:** the humble sweet potato has plenty to boast about. Loaded with vitamins A and C, potassium and fibre, sweet potatoes are delicious roasted, baked, and tucked into soups and stews. Want to make the most of your sweet potato servings? Eat the skin, which is rich in nutrients.

► **GO GREEK:** creamy and rich, Greek yoghurt is an excellent source of protein, as well as calcium and gut-friendly probiotics. It's higher in protein and lower in carbohydrates than regular yoghurt.

► **HOT CHILLI:** cayenne pepper delivers a warm, spicy lift to foods. Tap some cayenne into cooked vegetables or rice and beans, or add a sprinkle to that Greek yoghurt for a spicy dip.

► **LIME-AID:** a squeeze of fresh lime juice does more than just add its own bright taste to foods. This small citrus is a potent flavour booster, enhancing other ingredients while also providing vitamin C and flavonoids.

# Guilt-free crunch

These crispy chips satisfy your cravings with lots of flavour and without loading on a lot of calories. What's not to love?

By Erin Macdonald, RDN, and Tiffani Bachus, RDN



Next time you have a craving for something crunchy and salty that's dipped into something cold and creamy, try these chips made from zucchini and sweet potatoes. They're seasoned until savoury (and a little spicy) and baked until crisp. Then they get dunked into a cool, tangy yoghurt dip, which provides the protein to make this snack completely balanced. For crispy chips, you need to cut your zucchini and sweet potatoes very thin. This is where a mandoline slicer comes into play. If you don't have one, no worries, a very sharp chef's knife will work.

#### ZUCCHINI CHIPS

Makes 2 generous servings

1 sweet potato  
1 zucchini  
¼ teaspoon chilli powder  
¼ teaspoon smoked paprika  
Pinch cayenne pepper  
Pinch sea salt  
1 tablespoon virgin coconut oil, melted  
½ cup plain non-fat Greek yoghurt  
Juice and zest of 1 lime

1. Preheat oven to 190°C degrees. Line two sheet pans with baking paper.

2. Slice the zucchini and sweet potato on a mandoline or very thinly with a chef's knife.
3. Mix the spices and melted coconut oil in a large bowl. Add the vegetable slices and toss to coat. Place the vegetable slices on the sheet pans in rows, next to each other but not overlapping. Bake for one hour.
4. After an hour, if the zucchini looks lightly golden, remove from oven. If sweet potatoes still feel soft to the touch, leave them in and check on them every 15 minutes for another 30 to 60 minutes, until lightly golden. Let cool.
5. Meanwhile, combine the Greek yoghurt, lime juice and zest in a bowl. Place in the refrigerator until vegetables are cool.
6. Serve vegetables with dip. Leftovers will keep for a few days in a sealed container.

**Fast fact:** multitasking fruit? Low in calories and rich in fibre, zucchini is typically regarded as a vegetable, but it's actually a fruit that's filled with vitamins A, C and folate.

**Nutrition facts (per serving):** calories 174, total fat 7 g, carbs 21 g, fibre 3 g, protein 8 g

# FIT, FOCUSED *and Fearless*

PHOTOGRAPHY BY SARAH ORBANIC

FROM SQUATTING MEN ON HER SHOULDERS TO TRAINING HER CLIENTS AND POSTING DAILY WORKOUT VIDEOS AND INSPIRATIONAL IMAGES FOR HER 2.5 MILLION SOCIAL MEDIA FOLLOWERS, MASSIEL 'MASSY' ARIAS IS TAKING THE FITNESS WORLD BY STORM.

“*I've never let anyone tell me I can't accomplish anything. It might take me longer or it might be very hard, but every goal I have set, I have accomplished.*”



## *fast facts*

**Name:** Massiel 'Massy' Arias  
**City:** Marina Del Rey, California, USA  
**Job:** Personal trainer  
**Age:** 26  
**Height:** 173cm  
**Weight:** 67kg



# B

efore I started training I lived a very sedentary and unhealthy life. I never watched what I ate, I hardly ever exercised, and if I did it would only be a few minutes of slow-pace cardio, as I suffer from exercise-induced asthma. Activity for me was restricted; I saw my asthma as a stop sign for most things sports- or athletics-related.

One day I was diagnosed with major depressive disorder. I saw my life slipping away from my hands as my depression put me down to 51 kilos; I started losing my hair, and even my gums were starting to recede as I was not eating. I knew I had to turn my life around.

My first training session was brutal and it had to do with my lack of confidence. I realised I was so deep in the hole I had dug for myself. It was very shocking for me to feel how out of shape I was.

Today my training has become as advanced as it can get. The woman I am today is a

completely different one – from squatting men on my shoulders to doing high-intensity training, my cardiovascular and muscular endurance are 100 times better than before. I consider myself an athlete now and I would not change it for anything.

Every month my body is able to do something it wasn't able to do before and, to me, that is such a thrill. I love training! Sometimes while training I ask why I put myself through all this pain, but then when I am done, I feel like a brand-new person. I feel driven, happy, and confident.

To get to where I am today I had to overcome a lot of fear. I was afraid of putting myself out there the way I am. I am not the norm when it comes to how a woman looks, and I had to overcome barriers as I'm judged for my looks and tattoos. However, it has changed me positively because I have worked hard to let people

see me for who I am and what I bring to the table. I have learnt to love myself even more and appreciate my uniqueness.

Something we all must remember is that we are all different and have different body types. Our bodies respond differently to training and nutrition based on our genetics. For example, what works for me may not work for you. When I was younger I was very insecure about my body and did not like the way I looked because I was so skinny. I didn't feel feminine at all and that brought a lack of confidence, which I carried with me for the longest time. I have learnt to listen to my body now and see what works for me and my body type.

Never compare yourself to anyone because you will start creating expectations that can demotivate you when you don't see the results you have in your head. This is especially the case when comparing your physique to someone with a different body type. You should strive to be a better version of yourself and not a copy of another person.

Fitness is so important to me because it saved my life and taught me things about myself I never knew before. I want to give people a piece of how I feel, and I believe exercise and proper nutrition is the answer for a lot of health issues that can potentially be reversed and prevented, including depression.

I live by the quote 'strive for progress, not perfection', because my journey hasn't been easy. We live in a society where we are fed with the idea of instant gratification. This doesn't help us at all. If every day we focus on making small, positive changes, the results will be huge in the long run.

## Stay up-to-date with Massy

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TURN THE PAGE FOR MASSY'S VERY OWN GLUTES WORKOUT!



# Gravity-defying Glutes

BY MASSY ARIAS  
PHOTOGRAPHY BY SARAH ORBANIC

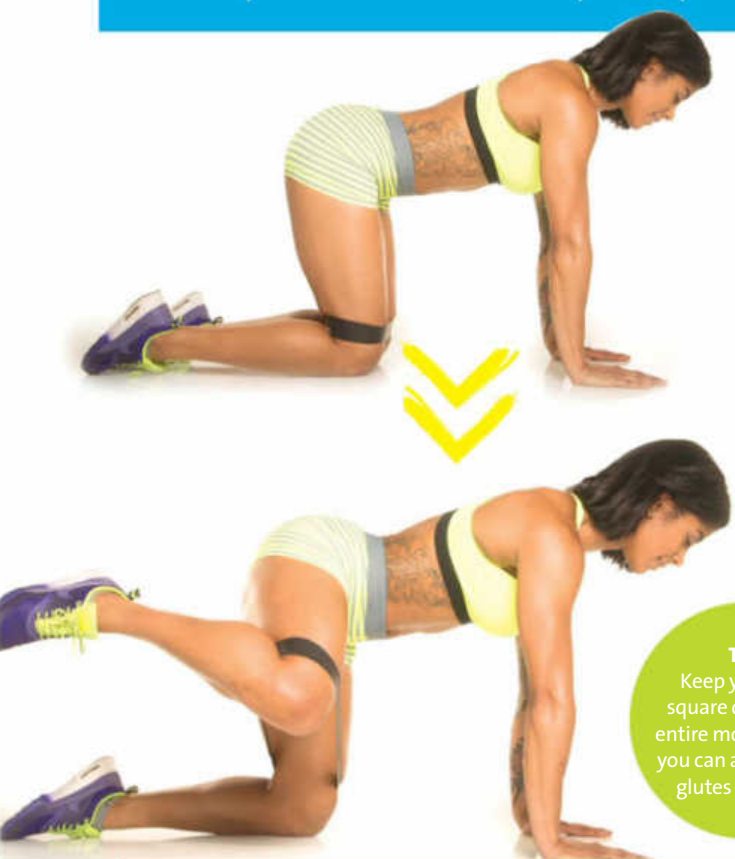
The legs and glutes are my favourite body parts to train. I've designed this glute workout for you as a superset series. You will see the workout breakdown in the table below. Do two to three sets with 10-12 repetitions using a very controlled tempo. Between each superset, rest for 45-60 seconds. While completing this workout, you should be experiencing a full contraction of the muscles.

Superset	Exercises	Reps	Sets
/1A	Glute bridge	10-15	2-3
/1B	Clamshells	10-15	2-3
/2A	Fire hydrants	10-15	2-3
/2B	Kickbacks	10-15	2-3
/3A	Squat jumps	10-15	2-3
/3B	Mini-band toe touches	10-15	2-3

## Glute bridge

**Set-up:** Place a light to medium resistance band right above your knee. Lay on your back with your feet on the floor, bending your knees to 90 degrees.

**Action:** Start raising your hips until your shoulders, hips and knees align. Make sure you are contracting your glutes throughout the movement. When you reach the top, perform an abduction opening your legs slightly, keeping the glutes contracted. Make sure you're maintaining alignment of your shoulders, hips and knees without letting your hips sink to the ground. Start lowering down, keeping a controlled pace, not letting your knees adduct to keep your glutes engaged and properly activated.



### Tip:

Keep your hips square during the entire movement so you can activate the glutes properly.

## Fire hydrants

**Set-up:** Get down on all fours on the ground with your palms flat.

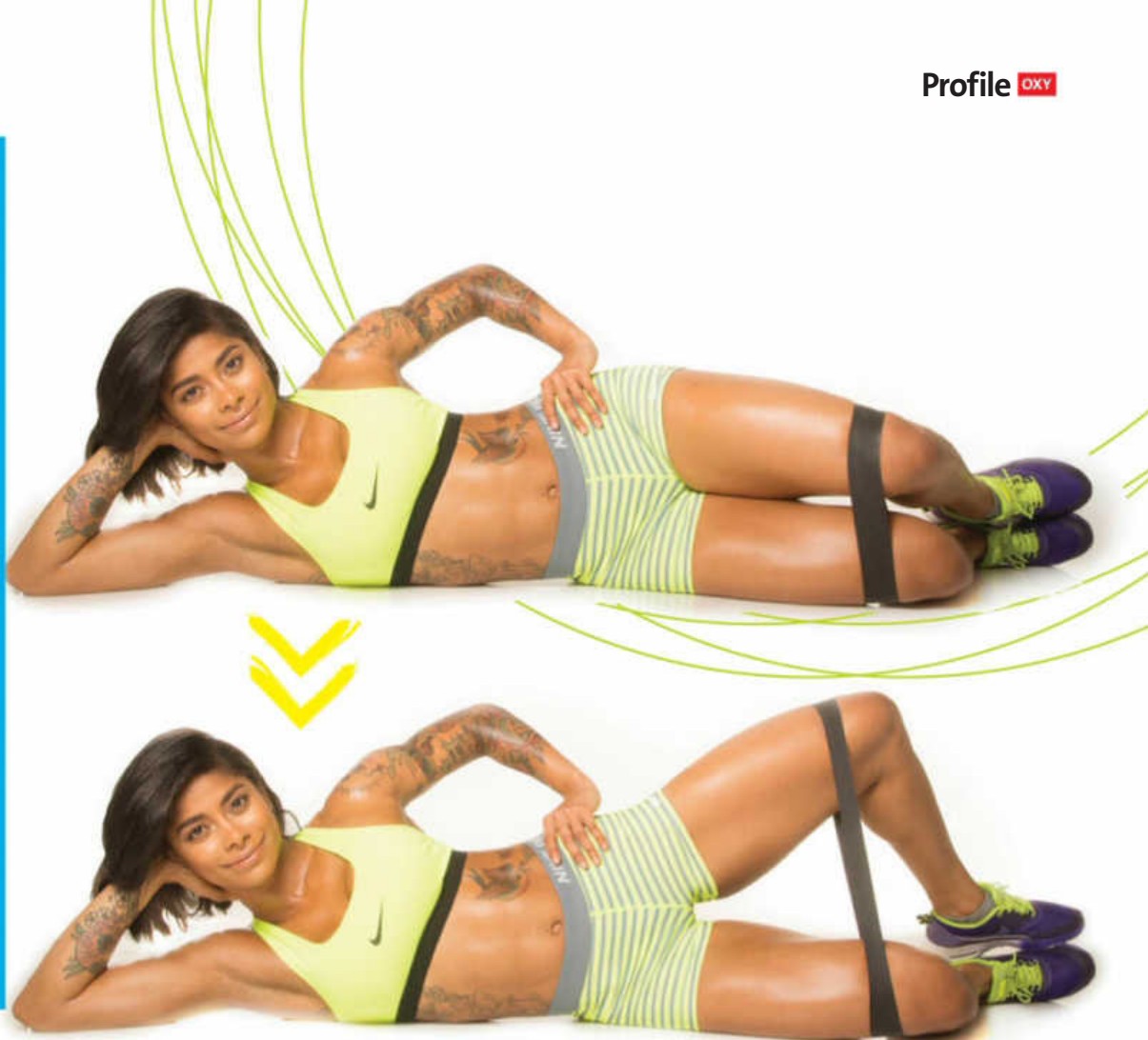
**Action:** Keeping a neutral back during the entire motion, raise your right knee slightly off the ground until parallel to the ground. Hold it for two seconds, then, with a controlled tempo, lower it back down and repeat.



## Clam shells >

**Set-up:** Lay on your side, with both knees bent and your spine in a neutral position. Draw your belly button inward to activate your abdominal muscles. Your heels should be touching and your hips directly over each other.

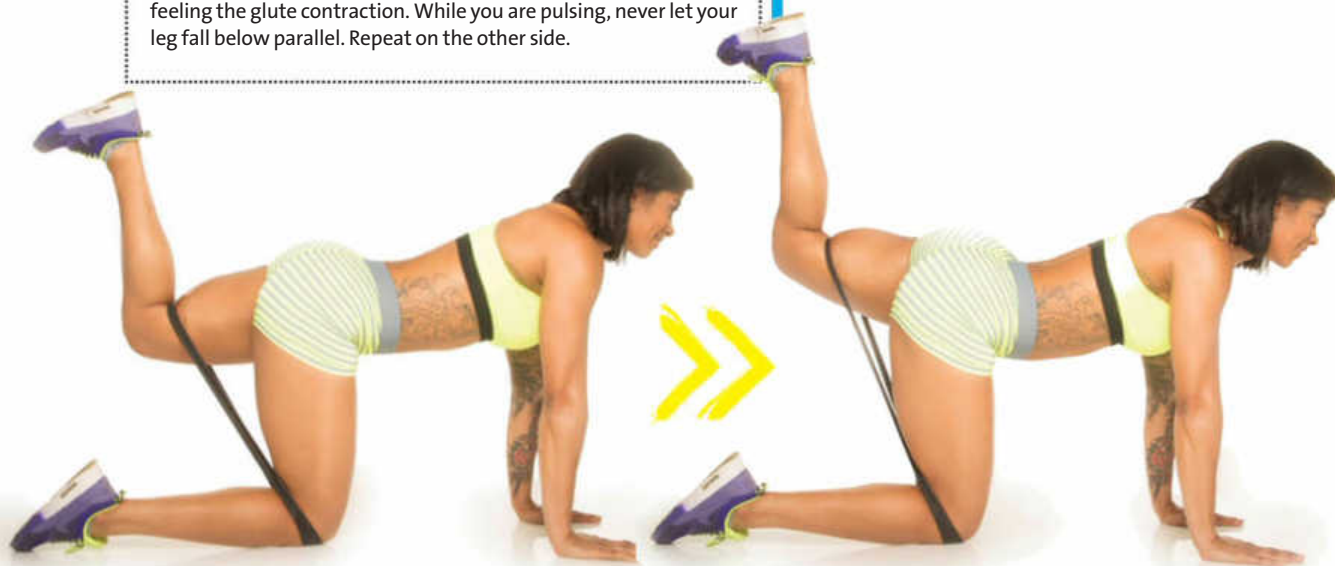
**Action:** Raise the upper leg, keeping your hips square at all times. The range of motion is typically only a few centimetres. Hold for a couple of seconds and return to the starting position in a controlled manner, never letting your knees adduct abruptly.



## Band kickbacks >

**Set-up:** Wrap the resistance band above your knees. Drop down on all fours, palms flat on the ground. Adjust the band so that it is right under your knee to support the resistance.

**Action:** Kick back with your right foot until you are parallel to the ground, then start performing small pulses as you lift your leg, feeling the glute contraction. While you are pulsing, never let your leg fall below parallel. Repeat on the other side.





### Mini-band toe touches <

**Set-up:** Place a light to medium resistance band right above the knees. Balance on one leg, keeping a bend in the opposite leg and your back in a neutral position.

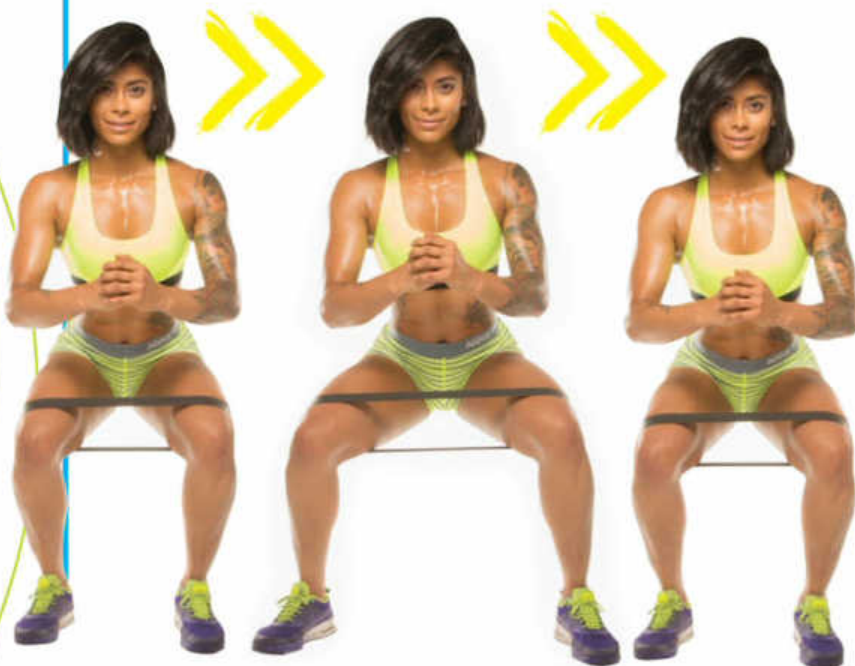
**Action:** Bend forward at the waist to reach your toes. The movement should be controlled. Flex your glutes to extend your hip and return to starting position in a very controlled manner, never letting the opposite leg's knee adduct.

**Tip:**  
If you're a beginner  
you can hold on  
to something for  
balance.

### Squat jumps >

**Set-up:** While standing, place a mini resistance band right above your knees. Keep your arms at your sides and feet about shoulder-width apart.

**Action:** Initiating the movement with your hips, jump your feet outwards simultaneously so they are wider than hip-width apart. Pause, and then jump them back to shoulder-width apart. ●







Eight simple rules to make your training more effective

# Rest, Recovery and Results

**by** Joe Wuebben

If there's one fatal flaw of the die-hard fitness fanatic, it's that she always wants to do more – more sets, more workouts, more intensity, more weight. This is fine – to an extent. But somewhere along the line bad things start happening: muscles cease to respond, fat loss stalls, performance suffers and injuries arise. These are all signs that it's time for some R & R – rest and recovery.

The notion of rest and recovery can be vexing, especially if you've got specific goals in mind or an event coming up; you want changes to happen sooner rather than later. But truthfully, R & R is key to achieving your goals, maybe even more so than the actual 60 minutes you spend working out. Skeptical? Then read on. These eight rules of R & R will help you understand why this aspect of your training is so important and how to do it properly to get the results you desire.

## Rule *no. 1*

### **You have permission to be a couch potato**

Every training program should incorporate at least one – if not two – full rest days every week. That means no jogging, no biking, no stepping foot into the gym. Period. Of course, you can run your mouth, surf the 'net and exercise your right to watch TV, just so long as you do it without breaking a sweat.

Here's the deal: demanding workouts cause countless microscopic tears in your muscles – tears you actually want to incur because when they're repaired, your muscles grow bigger and stronger. And when do they get repaired? When you're exploring the horizontal plane of your couch.

But that's not all. "When you rest, hormones also return to normal, cells resynthesise glucose and store it in your liver, and blood fat levels decrease," says Michele Olson, Ph.D., a professor of exercise physiology at Auburn University at Montgomery in Alabama. "If you exercise too soon, you derail these processes and your efforts won't produce desirable results." Adequate rest ensures that your body returns to a state of equilibrium, and once you're in balance, it's time to return to the gym, hit it hard and heavy, and start the cycle all over again.

## Rule *no. 2*

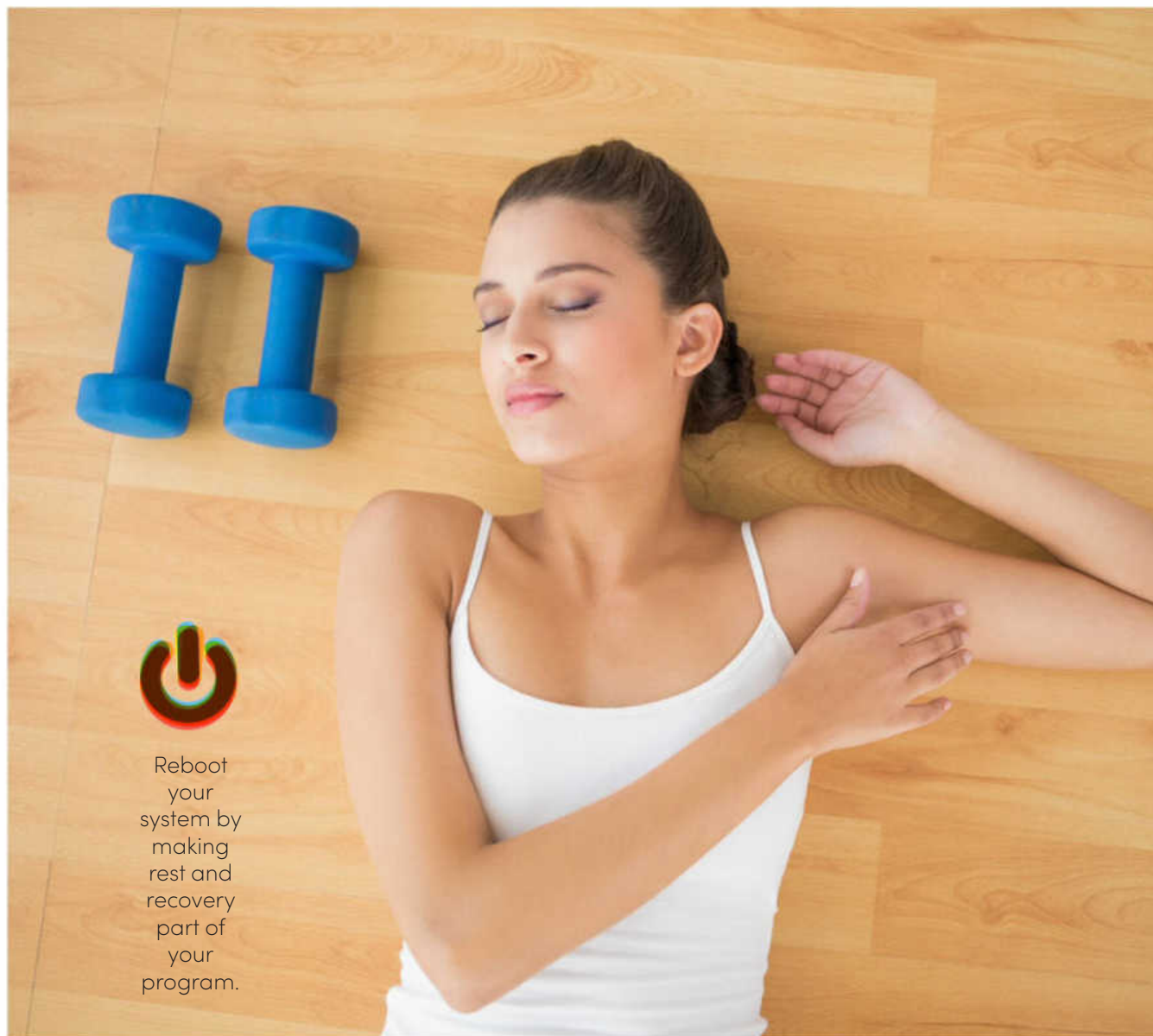
### **Embrace active recovery**

Not all rest requires complete abstinence from exercise. In fact, active rest can help you recover from an intense workout week, albeit in a different way. Gentle activity such as walking, easy swimming, and Vinyasa flow yoga helps mobilise your muscles to flush out toxins and inflammation, according to Olson. A duration of 30 to 60 minutes one to two days a week is what is recommended most by experts, especially after intense workouts, but again, the whole purpose is to facilitate recovery, so make your activity easy, enjoyable and leisurely.



PHOTO CREDIT: SHUTTERSTOCK.COM





Reboot  
your  
system by  
making  
rest and  
recovery  
part of  
your  
program.

### Rule **no. 3**

#### Get adequate rest during workouts

There's nothing wrong with trying to break a PR in a CrossFit WOD or keeping your heart rate elevated to maximise calorie burn. But hardworking muscles need regular breaks within the workout itself to replenish themselves with oxygen, blood and blood sugars. How long you rest depends on your goals. For strength training, use this chart to gauge your rest time:

Goal	Rest between sets
▶ Fat burning	30 seconds
▶ Hypertrophy	60 seconds
▶ Power	90 seconds to 3 minutes

When doing supersets or circuits, go through the required number of moves, then rest 60 to 90 seconds between rounds. For HIIT cardio, work at a 1:2 or 1:3 ratio of work to recovery (i.e., for every 20 seconds of sprinting, recover for 60 to 90 seconds).

### Rule **no. 4**

#### Cycle your training

Training intensely is a requirement for changing your body, but going pedal to floor day after day is simply not sustainable; your body will eventually break down and become injured. Alternating difficult workout days and weeks with more moderate ones will keep your body guessing, accelerating results while also allowing you time to recover.

Sit down with a calendar and assess your program over the next month. Schedule no more than two to three weeks of heavy, intense training in which you push yourself in terms of weights, reps and sets, as well as intensity, then follow those up with a week of more moderate "deloading" work. When deloading, you should still be working pretty hard without pushing your one-rep max, for instance. Instead, shoot for endurance with both your strength training and cardio, and focus on often-overlooked things such as range of motion, proper form and joint stability.



You can also cycle your difficult and moderate workouts during the course of a week. Do no more than one to two days of super-intense training such as HIIT, Tabata or heavy lifting, and follow it up with a day of full rest or an active recovery day to give your body a break, Olson recommends.

### Rule no. 5 Listen to your body

Most of us turn a deaf ear to our bodies, even when they are screaming for a break. Overtraining is a common occurrence among fitness die-hards, and in the long run, it kills progress and promotes injuries. If you're experiencing a number of these overtraining symptoms, it's time to throw in the gym towel. Add another full rest day to your program and scale back on your intensity and/or volume for several weeks to get back on track.

#### Signs of overtraining

- ▶ Lethargy and sluggishness
- ▶ Severe muscle soreness lasting more than two days
- ▶ Trouble sleeping
- ▶ Low-energy five to 10 minutes into a workout
- ▶ Elevated resting heart rate
- ▶ Mood swings/depression
- ▶ Irritability and low self-esteem
- ▶ Decreased strength
- ▶ Persistent illness

### Rule no. 6 Eat, drink and be repairing

Ingest plenty of fibrous, green vegetables to combat inflammation caused by training, as well as quality protein and healthy fat to accelerate muscle building and repair. Of course, it goes without saying to avoid processed, preserved, packaged goods with unpronounceable ingredients as well as saturated and trans fats.

And very important: don't forget your liquids. "Our cells live in an aqueous state, and they must have water to function properly, process energy and provide energy for muscles to contract," Olson says. Shoot for drinking two litres of water a day, more if you're close to a restroom.

Finally, it's important to eat properly around your workouts. Olson recommends eating some fruit and an easily digestible protein like low-fat yogurt (half a cup) two hours before exercise. "Your muscles need more carbs than protein to fuel you through your workout," she says. Within 60 to 90 minutes after training, she suggests ingesting 60 grams of tuna, half a cup of skim milk and half of a whole-wheat bagel. Making whey protein powder a part of this meal is acceptable for convenience sake if whole food is unavailable.

### Rule no. 7

#### Get at least eight hours of sleep every night

When you're in full shutdown mode – i.e., sleeping – your body gets to work reconstructing itself. But is eight hours really the magic number? Many experts believe it's the minimum. Case in point: a Stanford University study found that female college tennis players who got 10 hours of sleep a night ran faster sprint times and made more accurate shots than they did when sleeping nine hours or less.

Those who train in the wee hours of the morning are most likely getting shortchanged on sleep, and a 2014 study published in *Chronobiology International* found that early morning workouts significantly reduced sleep duration in elite athletes and an association of less sleep with higher levels of fatigue. So if you like to train in the morning, be sure to find a way to get in your minimum eight hours, come hell or high water. Or if you do stay up late binge-watching *Orange Is the New Black* on Netflix, squeeze in a nap during the day to make up for it. A study in the *Journal of Sports Sciences* found that sleep-deprived athletes benefited physically and cognitively from taking a 30-minute post-lunch nap.

### Rule no. 8

#### Roll, roll, roll your butt – and every other part, too

Foam rollers have become as ubiquitous in fitness circles as barbells and are one of the most effective tools for proactive recovery. When you foam-roll, you're relaxing and lengthening a given muscle, breaking up scar tissue and adhesions formed by intense exercise. It's not rocket science, but there is some technique involved. Beverly Provost, an AAFA-certified trainer at The Omni Club in Athens, Georgia, and a recovery specialist for Australia-based Athletics8 compression gear, offers up the following strategies for successful foam rolling:

- ▶ Warm up beforehand to get some blood moving into your muscles.
- ▶ If you're new to foam rolling or sore from training, expect some pain. Think: deep-tissue sports massage – not particularly comfortable but darn effective.
- ▶ For the first two weeks, roll for five to 10 minutes each workout day until it becomes more comfortable, then move up to 20-minute sessions if you like.
- ▶ Roll along a muscle until you find a "hot spot." Then hold there and breathe deeply as the spot relaxes and stretches out.
- ▶ Spend an even amount of time on each bodypart: one to two minutes at first, working up to longer periods over time. If an area is particularly sore, spend an extra minute or two on it.
- ▶ Breathing is important. It relaxes your mind and body, allowing for a deeper and better rolling experience. ●



# Eat Good, Feel Good

IF POORLY CHOSEN SNACKS AND TREATS CAN BE THE UNDOING OF YOUR HARD WORK, GIVE SOME OF THESE ON-THE-GO, GUILT-FREE DELIGHTS A TRY!

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## RICH CACAO BOUNCE SUPER PROTEIN FORMULA

Bounce All-In-One shake is a totally natural nutritional boost made with hormone-free whey protein combined with supergreens, pre and probiotics and chia fibre. Designed for busy lifestyles, it's the convenient and effective way of meeting your body's multiple nutritional needs in just one dose.

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## DIY PROTEIN BALLS

Fit Mixes are a range of sugar-free DIY protein ball mixes. Fix Mixes offer fructose-free mixes that are low-sugar, high-protein and vegan

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sweetened, gluten-free, high-fibre, low-sugar, low fat and low carb.

[www.slimsecrets.com.au](http://www.slimsecrets.com.au)



## MADE WITH LOVE

Made with 100 per cent real ingredients, Charlie's Balls are gluten-, dairy-, refined sugar-, preservative- and guilt-free. These healthy, happy and vegan balls are the perfect fix for the 3pm chocolate craving as one Chocolate Nut Love Ball contains only 111 clean calories.

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REGARDLESS OF WHERE YOU  
WORKOUT, **THESE ARE THE  
SEVEN MOVES YOU NEED.**

PHOTOGRAPHY: DALLAS OLSEN

MODEL: AMY WRIGHT

HMU: LISA LEE

# 7 moves to a flat stomach

SOME OF US LIKE TO WORK OUT IN THE GYM, SOME OF US LIKE TO WORKOUT AT HOME AND SOME OF US CHOOSE BETWEEN THE TWO ACCORDING TO HOW WE FEEL AND HOW MUCH TIME WE HAVE.

The location you choose to get your ab workout in isn't important, what is important is that you get it done.

Developing core strength not only flattens the belly so you can pull off ultra-tight dresses or cute workout tops and crop tops, but it also leads to better posture and overall fitness. To work your abs and reap all of these benefits, you need to make sure you work both your internal and external abs.

The four main areas are the rectus abdominis, obliques, upper-lower and transverse abdominis. By doing three to four exercises that work different muscle groups three times a week, you'll be targeting the four main areas and reaping the benefits of strong sexy abs in no time!



# TIGHT ABS AT HOME

Exercise	Sets/reps
Lifting side plank	3 x 15 each side
V-sit	3 x 10-15
Toe touch	3 x 15
Single leg lift	3 x 15 each leg

## Lifting Side Plank

**TARGET MUSCLES:**  
Obliques and TVA

**Set-up:** Lie on your right side, propped up on your elbow. Your elbow should be directly under your shoulder and your legs out straight with your left leg stacked on top of your right.

**Action:** Place your left hand on your hip and exhale while lifting your hips (with your right thigh off the floor) and create a straight line from your left shoulder to your left foot. Hold briefly and slowly lower to the floor. Repeat 15 times and switch sides for 15 reps. Do three sets on each side.





## V-Sit

### TARGET MUSCLES:

Overall abs

**Set-up:** Lie on your back with your arms extended overhead near your ears and legs straight, keep your feet together.

**Action:** Tighten your abs and exhale as you lift your upper body and legs off the floor in one swift movement. Balance on your tailbone with straight legs and your hands reaching toward your shins. Your body should form a 'V'. Hold for two seconds, and then exhale while returning back to the floor. Repeat for 10 to 15 reps. Do three sets.

## Toe Touch

### TARGET MUSCLES:

Upper/lower abs

**Set-up:** Lie on your back holding a dumbbell, legs perpendicular to the floor. Extend your arms.

**Action:** As you lift your shoulders off the floor to try and touch your feet with the dumbbell, lift your hips and contract your abs in one movement. Do three sets of 15 reps.





## Single Leg Lift

### TARGET MUSCLES:

Lower abs

**Set-up:** Lie on your back with both legs straight and your arms by your sides.

**Action:** Take a deep breath and exhale while lifting your leg toward the ceiling and then slowly lower it back down to start position. Lift your right leg toward the ceiling and back down and alternate your legs for a total of 30 (15 each leg).



**Tip:** Keep your eyes focused above and if you're a beginner, use a light weight initially.



## TIGHT ABS AT THE GYM

### Exercise

Reverse crunch on bench  
Sit-up with cross jab  
Cable crunch

### Sets/reps

3 x 15

3 x 20 each side

3 x 15



### Reverse Crunch on Bench

**TARGET MUSCLES:** Lower abs and obliques

**Set-up:** Lie on your back on a bench holding the top of the bench.

**Action:** Bring your legs up by contracting your abs and raising your hips. Slowly lower your legs until you return to the start position. Repeat for 15 reps and three sets.



### HOME MODIFICATION:

Lie on your back on the floor or on a mat with your arms by your sides. Bring your knees up, bent at 90 degrees and slowly lift your hips off the floor. Lower your legs, keeping your knees bent and lightly tap your heels to the floor. Repeat for 15 reps and do three sets.





**FUN FACT:**

Doing sit-ups with weight builds core strength quickly and the twist makes it a great multi-muscle movement!

## Sit-up with Cross Jab

**TARGET MUSCLES:**

Obliques and rectus abdominis

**Set-up:** Lie on your back on a stability ball holding a light dumbbell in each hand, place both hands by your sides. Tighten your abs and lean back as far as possible without straining your lower back.

**Action:** Exhale while you sit up and gently punch your left arm across your body (to the right side) in a jabbing motion. Repeat and cross with your right arm. Alternate arms for a total of 20 reps and do three sets.



### HOME MODIFICATION:

Sit on the floor with your knees bent and feet flat. Place your hands under your chin, engage your abs and lean back slightly, but not flat on the floor, then sit up, cross and jab with your left arm. Repeat and cross with your right arm. Alternate arms for a total of 20 reps and do three sets.

## Cable Crunch

**TARGET MUSCLES:** Rectus abdominis

**Set-up:** Using a cable machine with handles, adjust the cables to a raised position and set weight between five and seven kilos. Start in a kneeling position, directly under the cables, facing away from the

machine. Hold the handles near your shoulders, keeping your elbows by your sides.

**Action:** Slowly round your spine into a crunch, tighten your abs and move your head towards the floor. Unroll so you are back in the start position and do 15 reps and three sets.



# Triumph after tragedy

BY KIRSTIN CUTHBERT

PHOTOGRAPHY BY RED CLOVER PHOTOGRAPHY



AFTER PEGGY WARD LOST HER HUSBAND, SHE THOUGHT THERE WAS NO WAY OUT OF THE DARKNESS. THAT WAS UNTIL SHE DISCOVERED AN OUTLET IN HEALTH AND FITNESS, WHICH HELPED TURN HER LIFE BACK AROUND.

**W**hile Peggy Ward enjoyed maintaining her fitness, particularly to stay in shape, she was never too serious about it. However in 2009, Peggy was faced with an unexpected event that would change her life forever. Though she didn't realise it at first, fitness would be just the thing she needed to help her through the loss.

At only 45, her husband, Enos, passed away while he was stationed in Iraq. Peggy said losing him so far from home took its toll on her.

"I was here planning our future and looking forward to him coming home, then overnight, things changed," she says.

"I went through some dark times. Daily I felt like I was drowning in life and that I would never be able to catch my breath."

Peggy received help and advice from doctors, however she only saw it as a temporary fix for a permanent problem.

"The doctors gave me medication to help me through this time in my



life, but to me, that was just a temporary fix, a Band-Aid for the pain from my broken heart," she says.

"I felt I needed to go through the emotions and deal with things head on, I also knew I couldn't let it consume me."

Throughout this time, Peggy's faith and her family and friends were there for her, however she still could not cope with the pain and her physical health began to suffer.

"Despite all the help I was receiving from friends and loved ones, I lost weight, I was losing my hair, I wasn't sleeping, and I would just cry at the drop of a hat. I couldn't understand why this happened to me," she says.

The deterioration of her health began to make Peggy realise that no matter how tough her situation may be she had to find a way to deal with the pain.

Peggy began attending counselling. During one of her sessions, the counsellor asked Peggy to list some of the things she liked doing for herself or with her husband.

"I told her we worked out together and we enjoyed it. We liked pushing each other to meet our goals in life. My counsellor advised me to use physical fitness as my outlet," she says.

Shortly after this session, a friend of Peggy's said something to her that really stuck.

***"A friend told me that life still moves on, with or without you. You can choose to move forward or you can choose to stay behind," says Peggy.***

"That hit home for me and to this day, I still have to stop and repeat it to myself every now and then."

Peggy began using the gym as her outlet and not long after that a friend of hers asked her to attend a fitness competition with her.

"I fell in love with the discipline and dedication that all the competitors displayed. I was looking at these women in their 40s and 50s and said to myself 'if they can do it so can I!'" she says.

In 2013, Peggy joined Team Banks, owned and operated by IFFB Pro Lee Banks. She put all her emotions and feelings into training and used it as her source of therapy.

"As time passed I started feeling better physically, and more importantly, emotionally."

"At the age of 47, I entered my first bikini competition. Wow – what an experience that was to set a goal in my life that challenged me both mentally and physically!"

Using fitness as her outlet, Peggy was able to achieve something



***"I was looking at these women in their 40s and 50s and said to myself 'if they can do it so can I!'"***

that she never thought she could achieve before.

"The fitness lifestyle has pushed me to new heights, heights I never thought I could achieve," she says.

"It is through my goals of competing and fitness modeling that I have been able to express my journey."

Peggy uses all she has experienced to motivate her to make the most of every day.

"Although my husband is no longer here, I can

still feel him pushing me daily to continue doing great things for myself and for others. He's one of my biggest sources of inspiration to this day," she says.

Peggy has successfully got her smile back with the help of her family and friends, along with her coach, Lee Banks and all the other people involved in her journey from the darkness into the light.

"At the age 48 I did my first photo shoot and I've done a few more

since then to catalogue my progress," she says.

"Photo shoots and competitions help to remind me that I can do anything I set my mind to.

"I'm looking forward to my next competition later this year in 2015, as well as my next photo shoot. I plan on doing something special this time around since, by then, I'll be 50 years young – I can't wait!" ●

# Are you under- fuelling?







EATING TOO LITTLE CAN HAVE SHORT-TERM  
AND LONG-TERM CONSEQUENCES FOR YOUR  
BODY AND YOUR WORKOUTS.

\*BY JESSIE R. SHAFER, RD

TURN THE  
PAGE FOR  
MORE.



WHETHER OR NOT UNDER-CONSUMPTION OF CALORIES IS INTENTIONAL, POOR EATING HABITS AND FAILURE TO INCREASE FOOD INTAKE TO MATCH THE INTENSITY OF YOUR EXERCISE CAN LEAD TO DISORDERED EATING.





# Question:

What do the active women in each of these scenarios have in common?

★ **Scenario 1:** Katie went out for dinner with friends. She ate a large plate of pasta, as well as a few glasses of wine, appetisers, a salad and dessert. She let loose more than she usually does, so the next morning, she skipped breakfast before her workout so she wouldn't gain weight from last night's splurge.

★ **Scenario 2:** Jennifer has a high-intensity training session planned for this evening, but she doesn't want to feel bloated when she changes into her workout gear. She decides to skip lunch and just grab dinner on the way home from the gym. In the meantime, she tides herself over with a cheese stick and water.

★ **Scenario 3:** Lisa's friend told her that active women need to eat mostly protein, so Lisa stopped eating grains, fruits and vegetables so she could build more muscle. She relies on protein shakes, chicken breasts and eggs to get her through the day. She doesn't like her diet, but she believes she's doing the right thing to create the body she wants.

# Answer:

Katie, Jennifer and Lisa are suffering from a condition referred to as **underfuelling**, which means either not eating enough or not eating the right types of foods.

What's more, they're not getting the results they desire. Yet scenarios like this play out every day as women try to navigate the mixed messaging about training, eating and performing.

You hear the message everywhere: more than two-thirds of Australians are overweight or obese. Consequently, you're hit over the head with the idea that weight loss is your one-way ticket to better health. While it's true that weight loss can counteract many of the chronic diseases that affect society, the weight-loss mania spills over into areas — like nutrition for the active woman — where it doesn't belong. It can be easy to fall victim to the false idea that cutting calories is the only way an active woman can reach her fitness goals.

## [ Signs you're underfuelling ]

Part of the reason an active woman may think underfuelling is a good choice is that it's been hard to tease apart the world of women's fitness nutrition and the world of dieting. "The dieting industry has swooped in and masqueraded as sports nutrition for women," says Susan Kleiner, Ph.D., RD, author of *Power Eating* (Human Kinetics, 4th Edition, 2013). "Their messaging is not based on the needs of a female athlete, and they promote underfuelling, fasting and undercarbong, with little to no research."

The first place you may notice a symptom of underfuelling is at the gym, Kleiner says, where you'll suffer from fatigue and low training intensity. Though you may think you're on the path to building muscle by increasing your training and decreasing your food consumption, you might experience a softening of your physique. "Underfuelling can cause a loss of muscle mass while increasing body fat," Kleiner explains.

Other physical signs of underfuelling include hair loss, bad skin, brain fog or memory loss, intestinal disturbances, anxiety and poor sleep quality. "Feeling fatigued, lethargic, sore and weak can be common signs of not fuelling properly," explains Jessica Crandall, RDN, CDE, spokeswoman for the Academy of Nutrition and Dietetics.

## [ Longer-term health impact ]

If the short-term repercussions of not feeding your active body enough food aren't enough of a wake-up call, consider this: a weakened immune system, bone loss and bone fractures, and loss of thyroid function are among the serious complications that can result from chronic underfuelling. What's even worse, it can have the exact opposite effect than you thought it would, Crandall explains. "Not meeting your nutritional needs and creating vitamin deficiencies makes it more difficult for you to lose weight in the future."

The Female Athlete Triad is the name for a group of serious health implications that result from chronic underfeeding combined with intense training. It includes disordered eating (binge-purge cycling, laxative abuse), amenorrhea (lack of menstrual periods) and osteoporosis. Disordered eating, whether it's an intentional or non-intentional underconsumption of calories, can occur because of poor eating habits and because of the failure to increase food intake to match the intensity of exercise.

When your body perceives too great of a gap between calorie expenditure and calorie intake, your estrogen levels drop and menstrual periods become irregular or cease altogether. Normal estrogen levels are needed to maintain the calcium content of your bones; the result of lowered estrogen is that bones become progressively more porous, which leads to osteopenia (reduced bone mass) and eventually to osteoporosis (brittle bones).

**[ Fuelling without getting fat ]**

A common worry among female athletes who underfuel is that they will gain weight if they start to eat more. Truth is, the key to keeping up your metabolism and energy levels while maintaining a healthy weight and toned physique takes eating and training strategies, Kleiner explains.

★ **Carb fuel** High-intensity training requires fuel from carbohydrates, despite the current fashion for carb-restricted diets. Even though you may perceive that you're training at high intensity when you haven't eaten carbs, you won't be. "Your work output will be low," Kleiner says. "You can train at low intensities on fat stores for hours, but it takes carbohydrates to raise your intensity up to 70 percent or greater of your maximum work capacity."

You can start to see how underfuelling doesn't bring forth the toned body some think it will because it takes energy to achieve the intensity levels required for maximum performance and high-intensity interval training (HIIT.) According to the nutritionist, if you want to do HIIT training at an appropriate level that leads to improving body composition, you simply must have carbohydrates in your system.

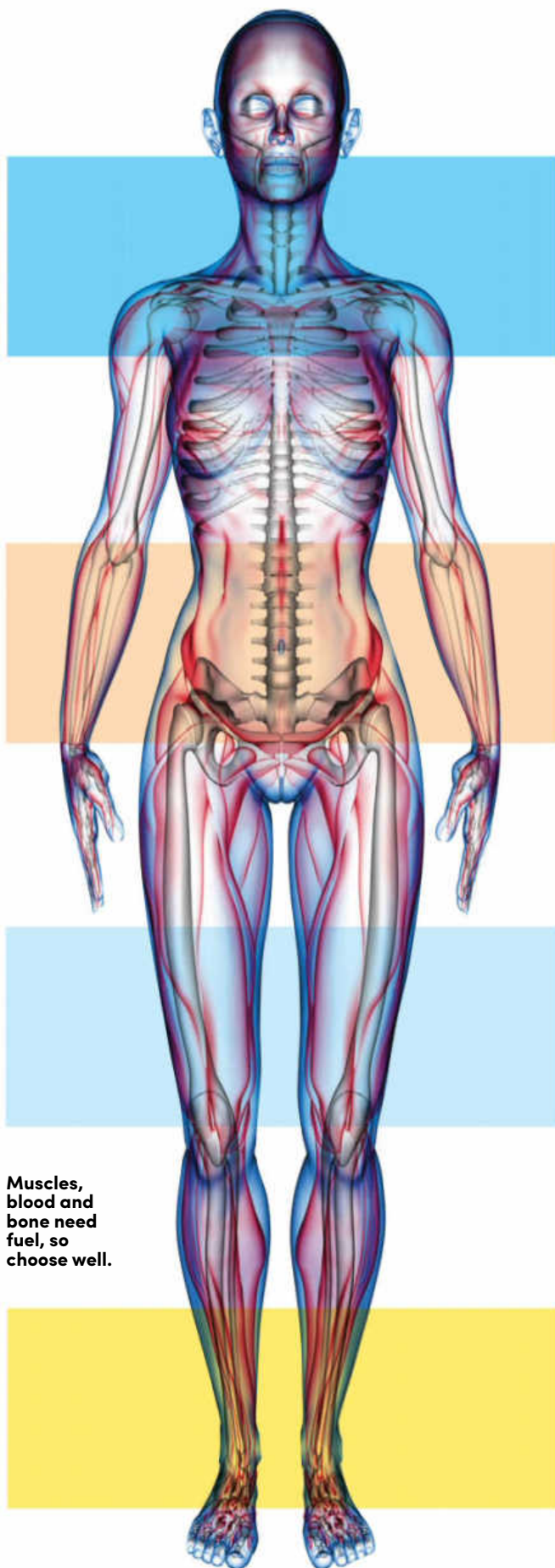
★ **Type of food and timing** Both the types and timing of the foods you eat matters when it comes to intense training. Diets too low in calories lead to a drop in metabolic rate, meaning you'd have to work out more to burn the same amount of calories as before. "Fuelling around exercise is very important, too," Kleiner says. "If you don't fuel before training and recover with a combination of protein and carbohydrates after, you'll be wiped out later in the day and, typically, your appetite will be out of control."

For a low- or moderate-intensity workout, she recommends fuelling with whole foods. For higher intensities, she suggests fast-digesting carbohydrates before your workout and then more of the fast-digesting carbs plus whey protein after your workout.

When not training, build a diet based on nutrient-dense choices by eating a variety of fruits, vegetables, whole grains, lean proteins, nuts and dairy. In the hour before training, shift your focus to getting a source of fast-digesting carbohydrates, such as a bowl of cereal or a banana, or a carbohydrate-base sports performance product, as Kleiner suggests.

Within the hour after training, get a mix of carbs and protein, such as a berry and protein shake or two eggs and two slices of toast. Because training goals and workout intensities are so individualised, consider seeking out a registered dietitian nutritionist (RD or RDN) or a certified specialist in sports dietetics (CSSD) who can help tailor a fuelling plan to your needs.

**FAILING TO MEET YOUR NUTRITIONAL NEEDS AS AN ACTIVE WOMAN AND CREATING VITAMIN DEFICIENCIES MAKES IT MORE DIFFICULT FOR YOU TO LOSE WEIGHT IN THE FUTURE.**



**Muscles, blood and bone need fuel, so choose well.**



# [ 5 tips to focus on fuelling ]



Employ these tips to start getting the most out of your meals and your workouts. If you've been underfuelling, eating more of the right foods at the right time can help you achieve the intensities and results you have been missing.

**1. Trust your appetite:** Too often, health-conscious eaters are accustomed to ignoring their hunger. Under the right conditions, your body's own hunger signals (thirst, grumbling tummy, salivating mouth) are your best tools for learning when to fuel. Find something to eat when you get that first signal of hunger instead of waiting until your appetite reaches an uncontrollable level.

**2. Read your body's feedback:** Your body has ways of telling you what it needs. If the feedback you're getting after workouts is chronic fatigue, soreness, anxiety, lack of sleep, hair loss, bad skin, GI distress or memory loss, consider changing the types and amounts of food you're getting — you probably need more, not less.

**3. Don't skip meals:** It becomes hard to fit in enough calories when you skip meals, let alone skipping snacks. If you work out in the morning, eat fast-digesting carbs before your session and a combination of carbohydrates and protein after your workout. If you train in the afternoon or evening, eat a meal three to four hours before your workout and another meal afterward. Additionally, eat a fast-digesting carb source in the hour before your workout.

**4. Eat more carbs:** If you've been relying on a low-carbohydrate diet or using protein to fuel your workouts, "see how you feel when you add some carbs back to your diet and don't underfuel," Susan Kleiner, Ph.D., RD, recommends.

**5. Eat more natural foods:** For low- to medium-intensity workouts, fuel up by getting your calories from whole-grain foods, fruits, vegetables, yogurt, milk, nuts and lean protein. You may need to eat these foods in larger volumes than you have before. For high-intensity workouts, it may be necessary to add fast-digesting carbohydrate powders and whey protein to help meet your increased fuelling needs. ●



# MISS NUTRITION

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AUSTRALIA &  
NEW ZEALAND**

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# HAPPY GUT

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# HAPPY LIFE

*...it's logical*



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# 9 SECRETS of the super motivated

**STEAL THESE TRIED-AND-TRUE MOTIVATION TIPS AND  
NEVER LOSE YOUR FITSPIRATION AGAIN** By Allison Young

[ Finding motivation can feel like finding your headphones in a bottomless gym bag. You blindly dig and dig — you know they're in there somewhere — but keep coming up empty. So we asked those seemingly effortless exercisers, the ultramarathoners, trainers, dietitians and exercise physiologists, who seem to have motivation on speed dial, how to hack it, hone it and own it. Turns out, motivation is not only way easier to find than those earbuds, but it's also easier to untangle. Read on for their advice.





### EVERYONE NEEDS A KILIMANJARO

"I hit a lull in my mid-40s. I was training Jessica Biel for *The A-Team* movie, and she was signed up to hike Mount Kilimanjaro for her charity. I hate outdoors stuff, but I signed up too. Turned out, I so needed that moment to get me back on track. It pushed me in the gym in whole new ways, and when I accomplished it, I was empowered to try more unusual things. It got me on the road travelling and doing retreats, and now everywhere I go, I try something new, whether it's camel riding in Egypt or a dance class. If you're really feeling like nothing's working motivation-wise, you have to step into that 'I-could-never-do-it-but-I-could-do-it' zone and amazing things will happen."

— **Ramona Braganza**, celebrity trainer and creator of the 321 Training Method

### SUCCESS FEEDS MOTIVATION

"I live by the motto 'something is better than nothing.' Yesterday was a great example: I was planning to do a long workout that ended up not happening because of meetings, but I still jumped into the gym and did 15 minutes. It counts because 15 minutes of physical activity is better than sitting. It also counts because it means I didn't skip a workout, it means I exercised regularly this week, and it helps reinforce that habit and routine. Doing exactly what I committed to do boosts my mood and motivation to continue. I am on track, in control and making progress, and it feels good. No matter what, I can make it work if I follow this motto."

— **Chris Jordan**, director of exercise physiology at the Human Performance Institute and creator of the 7-Minute Workout





*"Doing exactly what I committed to do boosts my mood and motivation to continue."*



#### THE ULTIMATE "PRESCRIPTION" FOR MOTIVATION

"No. 1, get off your couch. No. 2, start moving. No. 3, smile. No. 4, keep moving. No. 5, keep smiling. No. 6, repeat daily. The truth is that being active is a behaviour pattern: once you start it, you keep going and going, and then it just feels wrong to stop moving."

— **Dr. Jordan Metzl, M.D.**, sports medicine physician, fitness instructor, 32-time marathon runner, 12-time Ironman finisher and author of *Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life*.



#### GIVE YOURSELF A PEP TALK

"Some of the hardest moments for me are being out at kilometre 140 of 160 kilometres. My legs hurt and all I want to do is lay down. What gets me across the finish line? A lot of self-talk: *Holly, pull it together, you can do this! Look how far you've come!* When you believe in yourself, the motivation comes second nature."

— **Holly Miller**, personal trainer, coach, yoga teacher, stationary cycling instructor and ultramarathoner who has completed two Ironman triathlons and has run more than 50 marathons



#### DON'T GIVE THAT NEGATIVE VOICE THE TIME OF DAY

"You have to have tunnel vision and not think sometimes. Like the other day: I really didn't want to go to the gym, but I knew if I went through the motions, I'd eventually get there. I just have to get up, get moving and get my stuff together, and if I can make it to the car, I think I'm good. We all know how to put ourselves on autopilot, so get out and do it!"

— **Toni Carey**, co-creator of Black Girls Run!



#### SILENCE STICKING POINTS

"Bolster your willpower in tough times. A lot of research shows that if blood-sugar levels dip, willpower takes a severe nosedive. That's why when you go too long without eating, you'll overconsume whatever is around you. Curb this by having a piece of fruit with nut butter or Greek yoghurt with fruit. The same thing has been shown with a lack of sleep. That's why I try to get enough sleep, and on those days I don't, I make sure I start out the day right with a protein-rich breakfast to help reduce those sweet cravings."

— **Julie Upton, MS, RD**, athlete and co-author of *The Real Skinny: Appetite for Health's 101 Fat Habits & Slim Solutions*





### CHANGE YOUR STATE, CHANGE YOUR LIFE!

"When I'm unmotivated, feel bad about my body or not proud of myself, if I make myself of service to somebody else — *How can I support you, how can I lift YOU up* — I hear myself saying all the things I need to hear. I change my own state. Even when you feel low, if you can go and offer help to someone else, if you can be of service, that is the quickest way to change your state."

— **Kiya Knight**, creator of Weightless and Air Bar, certified personal trainer and fitness instructor

### CHECK MOTIVATION OFF THE LIST

"I'm a check-it-off-the-list kind of girl! I write everything I'm planning to do that day in a little book: workout, take SLT (Strengthen, Lengthen, Tone), go to yoga. That's a great motivator because I don't like going to bed without almost everything from the day crossed off."

— **Amanda Freeman**, founder and owner of New York City boutique fitness studio SLT (Strengthen, Lengthen, Tone)



### TO ERR IS HUMAN, TO FORGIVE IS MOTIVATING

"If you stray, whether it's eating something you shouldn't have or skipping a workout because you're tired, be forgiving. When you start being hard on yourself, it takes the fun out of it, which is a sure way to zap motivation."

— **Katie Warner Johnson**, dancer and Physique 57 trainer and co-founder of activewear site Carbon38

YOGA HAS BEEN HELPING WOMEN AROUND THE WORLD FIND THEIR FITNESS AND HEALTH AGAIN AFTER GIVING BIRTH TO THEIR BUNDLE OF JOY. **IF YOU'RE A NEW MUM OR SOON TO BE ONE, HERE'S WHY YOU SHOULD ROLL OUT YOUR YOGA MAT.**

BY JANIE LARMOUR

# The Benefits of Yoga Post-Baby



PHOTO CREDIT: SHUTTERSTOCK.COM

**THE EXCITEMENT OF PREGNANCY AND THE ARRIVAL OF YOUR NEW BABY ARE OFTEN ACCOMPANIED BY THE DENIAL OF SUCH A MASSIVE LIFE CHANGE. SUDDENLY YOU FIND THAT YOUR NEW LIFE LEAVES YOU NO TIME TO GO TO THE GYM AND DO ALL THE THINGS THAT YOU USED TO DO.**

If you've previously kept yourself fit and healthy, the time after giving birth is the time you are going to be

the most body-conscious. Even though you know in your mind that it shouldn't matter, it is probably one of the things foremost in your mind.

It's important to remember that you shouldn't do any real exercise for six to eight weeks after giving birth. The hormones released during the birth process soften your bones to allow for the birth, and you can really do some permanent

structural damage to your body if you exercise during this time.

This is a great time to rest as much as possible, bond with your baby, spend time with the family and get used to the change in your life. After this time, you will be aching to get back to the gym or do some sort of exercise where you can get back into shape.

Yoga is an amazing way of reconnecting with yourself at a time when

all of your energy is going outward, toward another life. It will also help you calm your mind and teach you techniques to stay centred among the chaos that comes with your new family life.

Yoga can be great for weight loss post-baby. I've had students who have lost more of their baby weight from yoga classes than they have at the gym. Partly this is because they are reducing their stress, and a very big



part is just because they are more in touch with their body and what their body's needs are. Classes will assist in putting your organs back in place after they have been moved to make room for the baby, which also improves your digestive function and mind space. I'm sure you are aware that your headspace just isn't the same when your digestive system isn't functioning optimally!

Look out for yoga classes where you can take your baby with you. These might not be as relaxing, but at least you can fit them in without having to find someone to look after your little one.

Back pain is often a common complaint of new mothers due to all the lifting of the baby and the equipment such as prams and baby carriages. The balance of strengthening and stretching in yoga is perfect to combat this, as it not only strengthens your back with specific moves, but it also clears tightness from these muscles to stop a build-up of tension, which can be a cause of back pain and lead to weakness.

Yoga is well-known for relieving stress from the mind and body. While yoga is definitely not all about stretching, stretching in general can help you to relax, because it stimulates receptors in the nervous system that decrease the production of stress hormones and also assists in increasing circulation and blood flow.



**Lie on your back** and pull your right knee to your chest and hug it in close to relax the buttocks and the top of the hamstrings. Lock out your left leg (keep it on the floor), push through the heel and pull the left toes back so your Achilles tendon stretches.

**Hold your right foot with right hand.** Hold over your toes and on to the padding of the foot so that your toes and ball of foot are curled into your palm and your fingers point straight down to

your heel. Don't hold the inside or the outside of the foot, nor just your toes.

**Place your left hand on your left thigh** and stretch those fingers strongly down the front of your thigh toward your kneecap. Now, extend your right leg up to the ceiling – and don't worry if your knee doesn't straighten completely; just get your leg to your maximum extension without straining or letting your foot go. Make

sure the right leg remains in line with your right shoulder.

**Hold this stretch and breathe normally.** After about 45 seconds, lower your leg to the floor and relax for a few moments. You will feel some pressure or heat around your kidneys on that right side after about 15 seconds. This is the kidney and the adrenal glands on top of the kidneys relaxing. Repeat on the other side. ●



#### JANIE LARMOUR

Janie Larmour has been a personal trainer since 1994 and a teacher of Zen Ki Yoga for 16 years. She owns two yoga studios in Sydney (Darlinghurst and Penrith), an online yoga website with more than 50 classes available online 24/7, and has 15 popular DVDs, including a women's health series. Janie has appeared on several television variety shows (on Channel 9/WIN Television). She runs Yoga Australia registered teacher training diploma courses in her studios and by distant education, regularly speaks at yoga festivals and teaches workshops on getting rid of back pain, anxiety and period pain in Sydney, Melbourne and Brisbane. For more information visit [www.zenkiyoga.com](http://www.zenkiyoga.com)

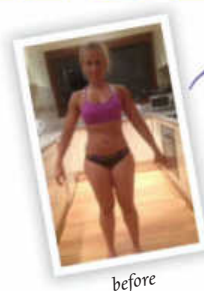


**ONE DAY NATALIE KITNEY  
DECIDED TO STOP SETTLING  
AND COMPROMISING** – SHE PUT

HERSELF FIRST, CHASED AFTER HER  
GOALS AND FOUND CONFIDENCE,  
HAPPINESS AND LOVE.

BY CHLOE HENDERSON

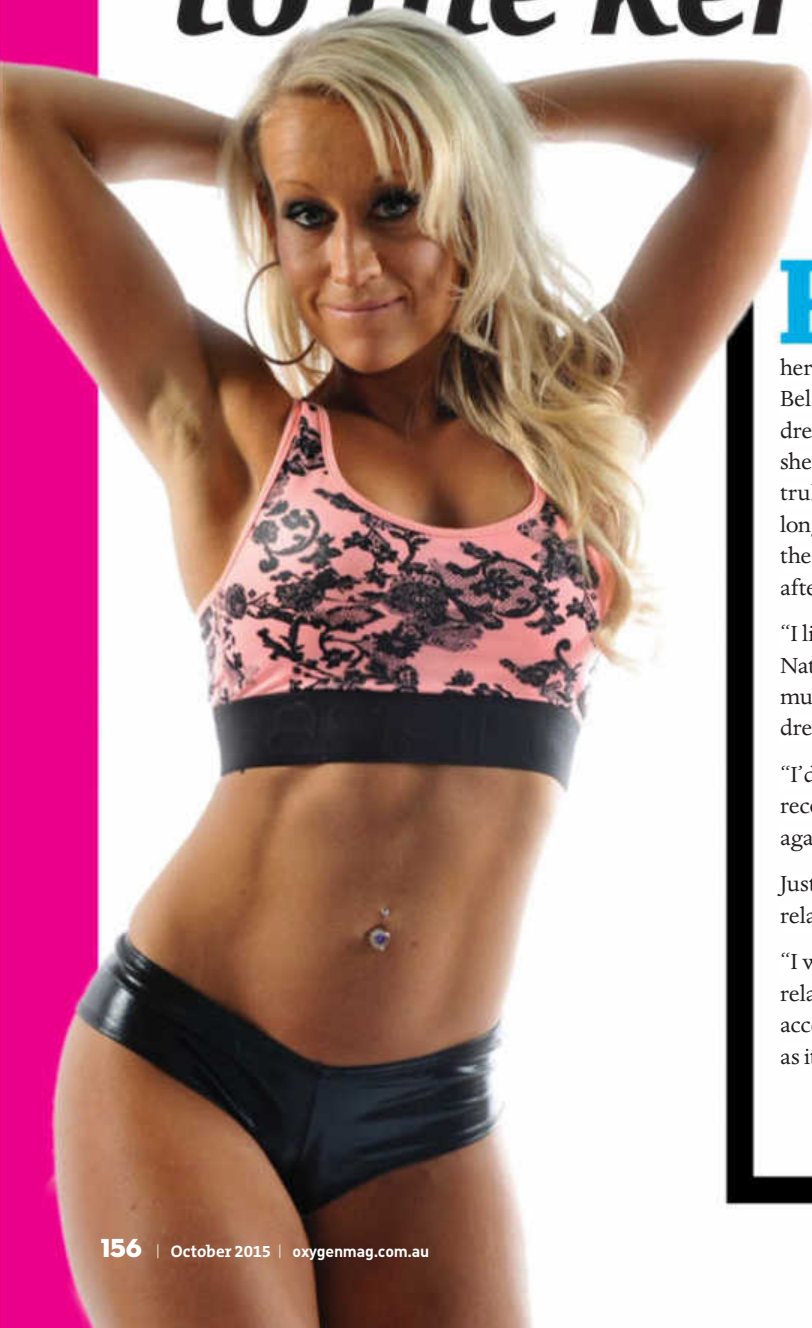
# Kicking COMPROMISE to the kerb



before



after



**F**rom her social life to her job and relationship, Natalie Kitney found herself constantly settling. Believing that maybe her dreams were just fairy tales, she chose to just exist and not truly live her life. With no long-term goals, she repeated the same unhealthy cycle week after week.

“I lived for the weekends,” Natalie says. “I would drink too much, always party hard and dread Mondays.”

“I’d spend the rest of the week recovering, only to do it all again the next weekend.”

Just like her social life, her relationship was unhealthy too.

“I was in a long-term relationship where I had accepted that this was as good as it was going to get,” Natalie

says. “I compromised so much of who I was and what I loved to try and make him happy.”

Natalie’s first journey into the fitness industry was short-lived. In 2004, she lost 10kg on Weight Watchers and completed a degree in psychology and certificates III and IV in fitness.

“It was here I knew my heart and passion was in the gym,” Natalie says. “I wanted to create positive change in other people’s lives.”

After pursuing work as a group fitness manager and group exercise instructor, the pressure of those around her soon made Natalie question her true passion.

“I loved what I was doing, but eventually others began saying ‘so when are you going to get a real job?’ and sometimes if enough people ask you



## **"For me, this isn't just a journey of weight loss; it is a journey of taking control of my body, health, life and love."**

something, you start to question your own choices," she says.

When an opportunity to work full-time in her family real estate business came up, Natalie took it. Convincing herself that this was the best pathway for her and her boyfriend, she surrendered what she truly wanted and let her goals fade away into the distance.

After making this change, Natalie realised she was living in constant fear of disappointing people.

"For many people 'the fear of loss is greater than the prospect of gain', and it's that fear that completely paralyses you from moving forward in your life," Natalie says.

"The most common fear we can have, even as adults, is the fear of living our own truth. We live in such a way that compromises who we are in an attempt to please and keep those around us happy. We lose sight of our identity and dreams."

Natalie was at a turning point where the safe path wasn't the best choice and

the comfortable had become too uncomfortable.

"I decided I needed to draw a line in the sand and look at what I had around me," she says. "I had compromised so much, and I saw this as my last shot of chasing my dream and pursuing my goal."

It was at this point that Natalie's friend, Dani Bosancic, provided her with some real-life inspiration. Dani began her journey to compete 18 months prior to Natalie, and this inspired Natalie to lose the extra weight and compete in bikini and fitness modelling too.

Through Dani, Natalie met a fitness model trainer who no longer trained due to his busy life, however, he decided that Natalie could train with him instead.

Tim helped Natalie unleash her inner dreams and to mentally and physically improve her outlook on life.

"Tim found what drove me; he found my 'on' button and, from this, taught me that every external action

starts from an internal realisation," Natalie says.

**Natalie's new outlook on life and Tim's influence on her allowed her to stop compromising. By ending her long-term relationship and making healthy decisions, Natalie regained control of her future.**

To this day, Tim is still Natalie's personal trainer, coach, mentor, inspiration, support, and now boyfriend and soulmate.

"My friends describe us as the 'power couple dominating the world one dumbbell at a time!'" Natalie says.

"For me, this isn't just a journey of weight loss; it is a journey of taking control of my body, health, life and love.

"I have found happiness within myself and

a love with Tim that I never knew existed. Each and every day I am creating the life I've always dreamt of, asking for what I want and not just accepting what others have to offer."

Natalie has cut down to three enjoyable days working for her family business and is setting up her own consultancy company. She has time to pursue her passion of teaching group fitness classes, knowing she is inspiring others.

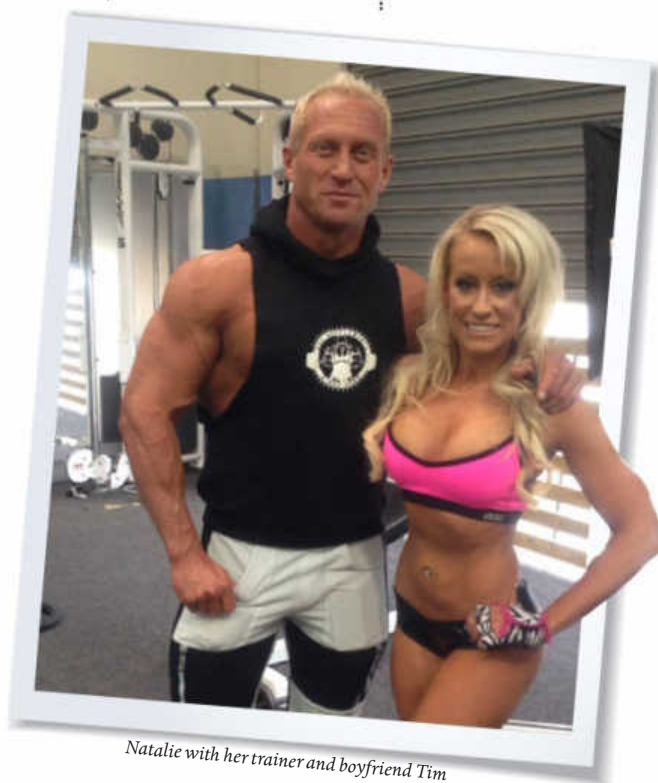
She won her very first fitness and bikini modelling competition, placing first and winning the most photogenic in over 30s Bikini Model in the ANB Victorian Championships in October 2014.

Natalie hopes to inspire many others through her journey.

"Take the not-so-easy path," she says. "Don't allow your biggest mistake to be being too afraid of making one."

"In order to create changes in your life you need to be ready, you need to acknowledge the compromises you have made, surround yourself with people who will believe in you and support you and your decisions unconditionally.

"There will always be self-doubt, and it takes a whole lot of hard work, but anything is possible if you have the drive, determination and self-belief to succeed." ●



*Natalie with her trainer and boyfriend Tim*

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# Are You Next?

WE SPEAK TO THE WOMEN WHO ARE  
WALKING THEIR TALK, AND SETTING  
A HEALTHY EXAMPLE TO OTHERS.

If you'd like to feature in Oxygen's future of fitness inspiration page,  
please email us on [editorial@oxygenmagazine.com.au](mailto:editorial@oxygenmagazine.com.au)



**Annetta Rullo**

ADELAIDE, SA

**AGE: 40**

**WEIGHT: 54KG**

**HEIGHT: 163CM**

**MAIN OCCUPATION:**

**CORPORATE RECEPTIONIST**

**WORKOUT INSPIRATION?** I first joined a gym about 15 years ago after I had my third child. Having three children under three, I decided to have a break and do something for myself. Very early on I talked to a lady who actually competed in figure modelling and this began my interest in weight training and wanting to compete.

**CARDIO OR WEIGHTS?** I love both; my body needs both. I feel re-energised after cardio, as it sets me up mentally and physically for the day. I don't do overly heavy weights, but I love the strength I have gained and the definition achieved as a result.

**FAVOURITE CHEAT FOOD?** I do love chocolate when I have a cheat day. I haven't started prep for comp yet so I'm very flexible at the moment. When prepping, I usually stick to a ratio of 99 per cent good, 1 per cent not-so-good (i.e. a Freddo or KitKat if needed!).

**FAVOURITE NON-CHEAT FOOD?** I love steamed salmon with veggies or cold salmon wrapped in iceberg lettuce leaves.

**FAVOURITE TRAINING MOVE?**

Recently I've been including a straight-arm pulldown in my back workout. I can really see this working my lats as well as focusing on my core.

**FITNESS TIP?** People often ask me what they should eat, so I say, 'if it runs around, swims or comes out of the ground, eat it!'



**Angie Moore**

TUGAN, QLD

**AGE: 42**

**WEIGHT: 61KG**

**HEIGHT: 178CM**

**MAIN OCCUPATION:**

**PERSONAL TRAINER**

**WORKOUT INSPIRATION?** I started training when I was 18, but I became more serious in 2009 when my marriage ended. I needed something positive to focus on, so I decided to train for a fitness model competition. In the process, I not only changed my body shape but I also gained confidence, something I was desperately lacking.

**CARDIO OR WEIGHTS?** I am definitely a weights girl. I love the visual changes that come with lifting. Being an ectomorph, I am naturally lean, a slow muscle-gainer and have a fast metabolism, so cardio and I are not very good friends. I do walk a few times a week for health and fun though.

**FAVOURITE TRAINING MOVE?** I have a love/hate relationship with squatting. I have really long legs and arms and it just never feels natural for me in the squat position with heavy weight on my shoulders. It has taken me years to get my butt to my ankles.

**FITNESS TIP?** I find, especially with mums who are working, that the excuse of having 'no time' quite often stops women from looking after their health and fitness. You have to make the time and get into a routine, with your family's help. Everyone will be better for it long term. A happy, healthy woman is a happy, healthy wife and mother.



**Claudia Vilaca**

SAN PAULO, BRAZIL

**AGE: 52**

**WEIGHT: 60KG**

**HEIGHT: 165CM**

**MAIN OCCUPATION:**

**WRITER**

**WORKOUT INSPIRATION?** I started training to accompany my teenage son, who was chubby and completely sedentary like me. We went together to the gym, completed exercises for beginners and walked on the treadmill. After a few months my son had stopped, but I continued. I became interested in everything that could bring me better results and I devoured information from books and sports magazines, websites and forums about fitness.

**REWARDS OF TRAINING?** I feel an amazing power and control as I transform my body with my training.

**LESSONS LEARNT?** We only get results and gains with the perfect combination of three factors: training, nutrition and dedication.

**FITNESS ADVICE?** Eat natural, train hard, be focused and stay dedicated. Stay away from any kind of drugs; there is no magic solution or shortcut. To get into the best shape of your life, think of all the details as if you were an artist and work every day to bring out the sculpture from inside of you.

**ROLE MODELS?** My body role model changes as I progress in the sport. I compare my body with the body of other athletes who have physical characteristics similar to mine. I analyse my strengths and weaknesses and plan my workouts in order to achieve the ideal shape for me.





**Kate Osman**

FORT LAUDERDALE, FLORIDA

**AGE: 29**

**WEIGHT: 56KG**

**HEIGHT: 157CM**

**MAIN OCCUPATION:**  
**TRAVEL CONSULTANT**

**ROLE MODELS?** One of my role models would have to be IFBB pro Jessica Mone. She has been extremely successful as a Pro Figure and Bikini icon; she is one of the pioneers of the sport. She is so inspiring, caring, dedicated and humble. Not only is she my role model, but she is now a great friend too.

**FAVOURITE CHEAT MEAL?** I have a sweet tooth, so any desserts (mainly chocolate or cookies). I indulge a little once a week or so, depending on what events I have coming up.

**FAVOURITE NON-CHEAT MEAL?** I love grilled chicken, green beans and jasmine rice.

**TIME OF DAY YOU WORK OUT?** I enjoy working out in the morning. It took me a while to get to the point where I pop out of bed ready for the gym, but getting a good workout in early in the morning, before most people are up, makes me feel productive and like I've accomplished something.

**FAVOURITE TYPE OF CARDIO?** Interval sprints. I love moving fast and knowing I still can as I get older.

**WHAT GETS YOU PUMPED?** Music – I love getting a good, motivating song in my head.

**FAVOURITE QUOTE?** "Never hope for it more than you work for it."



**Lucia Rivas-Herry**

BRISBANE, QLD

**AGE: 30**

**WEIGHT: 49KG**

**HEIGHT: 155CM**

**MAIN OCCUPATION:**  
**CHEMICAL ENGINEER**

**ROLE MODELS?** I don't really have role models. I find inspiration in the positivity of those around me, and achieving my own personal goals motivates me to keep going.

**FAVOURITE TRAINING MOVE?** I love anything that works my shoulders, such as lateral raises and the shoulder press. My shoulders are my lagging body part, so I like to train them the most as I love how nice developed delts look on any physique.

**TIME OF DAY YOU WORK OUT?** I work out in the morning as I feel I have a clearer mind and it puts me in a fantastic mood for the rest of the day.

**FAVOURITE TYPE OF CARDIO?** I love spin classes, sprints and long-distance runs as well.

**ADVICE FOR NEWBIES?** Get a trainer to show you the gym equipment and write you a program to get started; good form is paramount and having a plan in place is also very important.

**WORKOUT PLAN?** I do four to five weight sessions a week and one to two cardio sessions. I always do one squat session, one glutes session and one deadlift session. The other sessions are generally back, biceps and shoulders mostly. I also love jogging along the riverside for my cardio.



**Sarah Hansen**

COOLUM BEACH, QLD

**AGE: 35**

**WEIGHT: 57KG**

**HEIGHT: 165CM**

**MAIN OCCUPATION:** PROPERTY  
**SETTLEMENT AGENT**

**WORKOUT INSPIRATION?** Eighteen months ago I entered a gym for the first time. I had partied hard and been the non-conformist all my life. Defying the 'system', I needed to change. My body finally gave up. I spent nine months off work with bilateral tendonitis in my forearms. I became depressed, anxious and hit rock bottom. My physio recommended PT Noles Onekawa to correct my muscle firing patterns, and I've never looked back. I chose to give myself the ultimate life challenge, and with much self-discipline, I got on stage!

**CARDIO OR WEIGHTS?** Weights – I was hooked from the start. I mix my sessions up a lot, as you can easily turn a weights session into a cardio session if you do it right.

**FAVOURITE TRAINING MOVE?** Deadlifts – I have become so much stronger mentally from performing this one exercise. I have proven to myself I can achieve much more than I ever thought possible.

**FAVOURITE CHEAT FOOD?** I've discovered Ben and Jerry's ice cream. They have chocolate-dipped waffle cones!

**FAVOURITE NON-CHEAT FOOD?** Turkey and roast pumpkin stuffed capsicums.

**WHERE DO YOU WORK OUT?** The gym and the beach.

# Spotlight

CHECK OUT THESE AMAZING GIRLS WHO STEPPED ON TO THE STAGE RECENTLY TO COMPETE!

If you'd like the chance to be featured in this spread, send in your high-res image and competition details to [editorial@oxygenmag.com.au](mailto:editorial@oxygenmag.com.au)



**Carlee Hooley**

**Event:** NABBA/WFF's Southern Hemisphere Championships  
**Location:** Gold Coast, QLD  
**Date:** June 14, 2015  
**Category:** Bikini Diva Short



**Kaeina Welsh**

**Event:** NPC Greater Gulf States  
**Location:** New Orleans, Louisiana, USA  
**Date:** June 19, 2015  
**Categories and places:** 1st in Novice, 1st in Open Figure and 2nd in Masters Figure Novice



**Elise Boyd**

**Event:** INBA All Female Classic  
**Location:** Melbourne, VIC  
**Date:** June 28, 2015  
**Categories and places:** 1st in Fitness Model Novice Class 2, 1st in Fitness Model Open Class 2, 2nd in Fitness Model First Timer Class 2 and runner-up in Fitness Model Championships



**Caterina Ruberto**

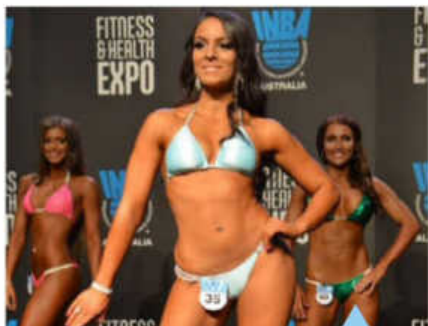
**Event:** NABBA/WFF's Southern Hemisphere Championships  
**Location:** Gold Coast, QLD  
**Date:** June 14, 2015  
**Category:** Open Bikini over 163cm  
**Place:** 1<sup>st</sup>



**Sarah Blazely**

**Event:** INBA NT Season A  
**Location:** Darwin, NT  
**Date:** March 2015  
**Category:** Open bikini  
**Place:** 1<sup>st</sup>





**Ellie Kaponikolos**

**Event:** INBA Southern Cross Championships (VIC)  
**Location:** Melbourne, VIC  
**Date:** April 11, 2015  
**Category:** Bikini Under 21  
**Place:** 4th



**Rosa Leona**

**Event:** INBA National Championship  
**Location:** Randwick, NSW  
**Date:** May 30, 2015  
**Categories and places:** 1st in Bikini Angels, 1st in Bikini Novice, 1st in Bikini Open and Overall Bikini Model Champion



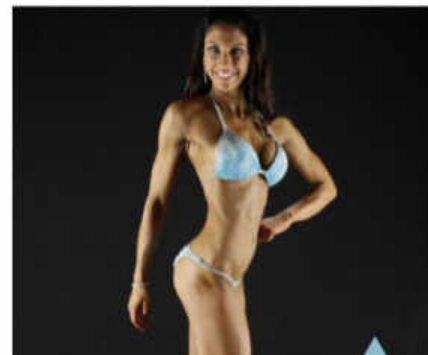
**Shenae Healey**

**Event:** INBA Novice & Rookie  
**Location:** Melbourne, VIC  
**Date:** March 2015  
**Category:** Swimsuit Model  
**Place:** 1st



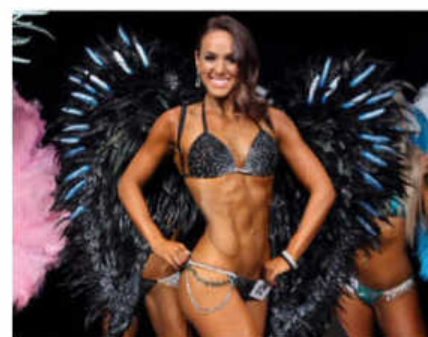
**Megan Friedheim**

**Event:** Fitness Star Toronto  
**Location:** Toronto, USA  
**Date:** March, 2015  
**Category:** Bikini Novice and Athletic Apparel



**Claire McIntosh**

**Event:** INBA NSW North Coast Titles  
**Location:** Sydney, NSW  
**Date:** April 19, 2015  
**Category:** Fitness Model Open height class 2  
**Place:** 1st



**Samantha Imbriano**

**Event:** INBA Brisbane Classic  
**Location:** Brisbane, QLD  
**Date:** May 24, 2015  
**Categories and places:** 4th in Angels and 4th in Fitness



**Teeghan Worland (left) and Amanda Ross (right)**

**Event:** INBA Canberra and Country Titles  
**Location:** Canberra, ACT  
**Date:** April 2015  
**Teeghan's categories and places:** 3rd in Fitness Model First Timers, 2nd in Fitness Model Novice Short and 3rd in Fitness Model Open  
**Amanda's categories and places:** 1st in Fitness Model Novice Short and 2nd in Fitness Model First Timers  
**Place:** 1st

*“Instead of  
giving myself  
reasons why  
I can’t, I  
give myself  
reasons why  
I can.”*



# THE MOST ANTICIPATED FEMALE THERMOGENIC HAS LANDED



BE A PART OF  
THE MOVEMENT



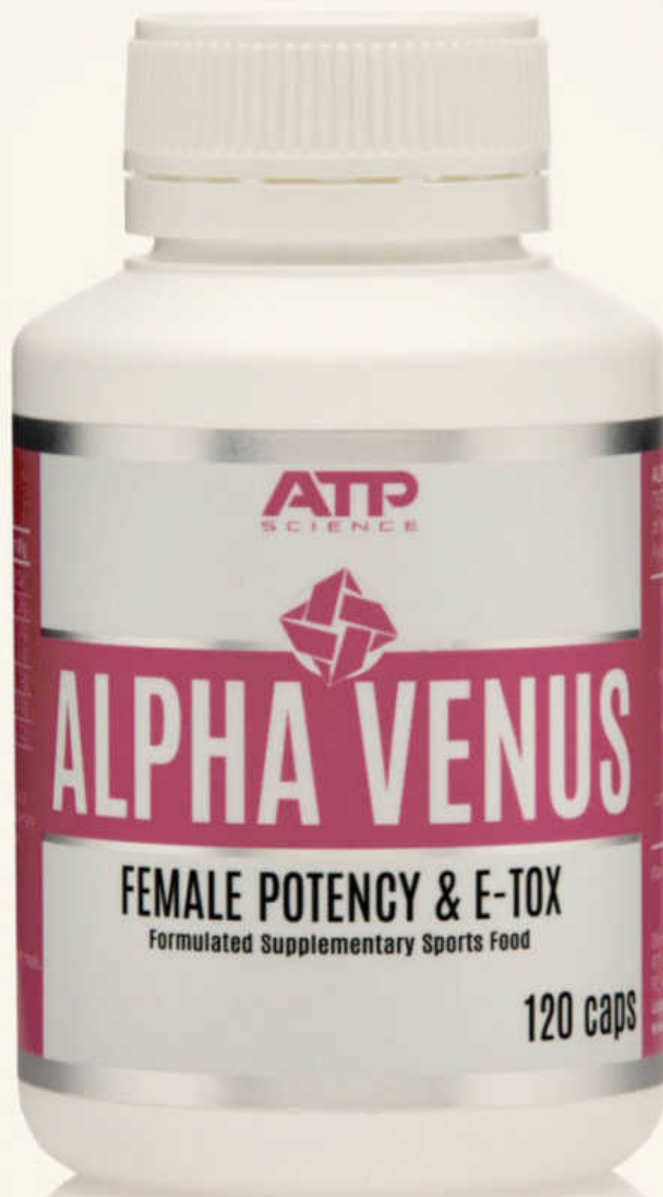
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*I was made by a man who truly understands women; A naturopath that specialises in the hormone Estrogen. If you want to find out more about what real women say about me and what I do for love handles, skin, stress, libido, water retention, cellulite, periods and the other joys of having unbalanced estrogen; then come and see for yourself. Search on Instagram #ALPHA VENUS*

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